

Temporomandibular Joint Disorder (TMJ/D)

Many people suffer from TMJ Disorder, experiencing discomfort of the head, ear, neck and jaw. The disorder can be difficult to diagnose because of the number of variable symptoms. The most effective method of diagnosis and treatment has proven to be the use of intra-oral appliances. Lessening of symptoms after use of intra-oral appliances over time confirms the presence of TMJ Disorder and use of these appliances can also be effective treatment.

The *myOSA*® *TMJ* is a prefabricated intra-oral appliance, designed specifically for the immediate and effective treatment of TMJ/D without the need for time consuming moulding, custom fitting, and adjusting. The design of the *myOSA*® *TMJ* incorporates features that correct poor myofunctional habits, which helps to retrain incorrectly functioning oral and tongue muscles that contribute to TMJ Disorder. Bruxing and grinding of teeth is prevented by the patented aerofoil-shaped base and double mouthguard design.



WARNING:
PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON THE *myOSA*® TMD APPLIANCE
REPLACE IF DETERIORATION OR SPLITTING OCCURS.

Directions for use

Use the *myOSA*® *TMD* appliance during any daily activities, except while sleeping. As it is low profile and semi flexible, comfort and ease of speech are optimised. The thicker base over the molar area assists jaw joint (TMJ) decompression, which stops clicking of the Temporomandibular Joints (TMJs) when in place. Some tooth, muscle and jaw discomfort may occur in the first few days. This is normal and should lessen after this initial time. Consult your treating doctor for advice if this discomfort persists.

Night use while sleeping

The *myOSA*® *TMD* appliance can be used at night while sleeping, provided the fit is secure. However the soft and flexible *myOSA*® *TMJ* appliance is ideally suited to night use and is recommended for use in conjunction with the *myOSA*® *TMD* appliance. Consult your doctor for further information.

Cleaning your *myOSA*®: Clean your *myOSA*® appliance under warm running water every time you remove it from your mouth. Use *Myoclean*™ tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean*™, the recommended cleaning agent for all *myOSA*® appliances.

USE ONLY UNDER THE SUPERVISION OF A LICENSED MEDICAL OR DENTAL PRACTITIONER.

myOSA®

For more information, visit www.myosa.com
myOSA® BY MYOFUNCTIONAL RESEARCH CO.

SEE INSTRUCTIONS



myOSA_TMD_INS_ENG

myOSA®

MYOFUNCTIONAL SLEEP APPLIANCE



**DAYTIME TREATMENT
OF TMJ DISORDER**



**CUSTOMISABLE
LOW PROFILE FOR
UNIMPEDED SPEECH**

WORLDWIDE PATENTS. DETAILS AVAILABLE AT MYORESEARCH.COM

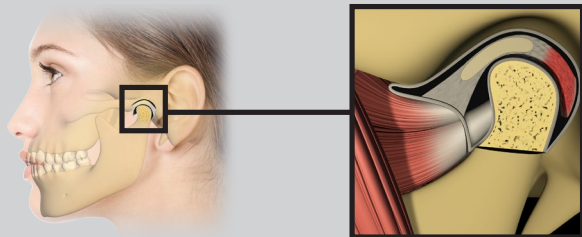
The myOSA® TMD appliance

The *myOSA® TMD* appliance is designed to assist in the diagnosis of TMJ Disorder and is fitted and adjusted by your doctor to the correct therapeutic bite. Once adjusted ensure a tight fit but make sure the appliance can be comfortably removed and replaced into the correct position. Do not clench or grind your teeth on the *myOSA® TMD* as this will cause premature wear and splitting. When in place, you should keep your lips together and although it is not necessary to have your teeth closed, you should practice moving the lower jaw into the bite your doctor has set for you.

If you are a heavy bruxer, the upper surface may be left flat with no indentations for the upper teeth, in which case allow your lower jaw to come into the most relaxed position. Use for short periods during the day to begin then, if comfortable, use all day only taking the *myOSA® TMD* out for eating and cleaning your teeth or the appliance. Remove after use, rinse in water (see cleaning instructions) and place in the container provided. When removed, your teeth may feel that they do not meet for a short time. This is common and shows that the *myOSA® TMD* has identified a bite problem. Use the *myOSA® TMD* at night while sleeping if instructed by your doctor.

Immediate diagnosis and treatment

The TMJ (temporomandibular joint) is where the mandible (the lower jaw) joins the temporal bone of the skull. Each time you chew, you move it, but you also move it every time you talk and each time you swallow (approximately once per minute). It is, therefore, one of the most frequently used joints of the body.



Temporo-Mandibular Joint

myOSA TMD™

The *myOSA® TMD* appliance is specifically designed for the diagnosis and treatment of TMJ disorder. The appliance, which should be fitted and customised by your doctor to the correct therapeutic bite, has a comfortable low profile allowing for daytime use and unimpeded speech. When combined with night time use of the *myOSA® TMJ*, the *myOSA® TMD* is suitable for patients experiencing symptoms of TMJ Disorder. While the flexible *myOSA® TMJ* is ideally suited to night time use the *myOSA® TMD* appliance can be used while sleeping provided the fit is secure. Use for short periods during the day to begin. Once comfortable, use all day and only remove for eating or cleaning.

myOSA® TMD - design features

Mouldable (by practitioner) for customised bite correction.

Low-profile for patient comfort and easy speech.

Hard inner core for a tight fit.

Variable bite opening base available in 6mm and 4mm.

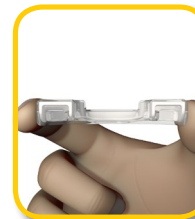
Aerofoil shape for joint decompression.

myOSA® TMD
Cross Section

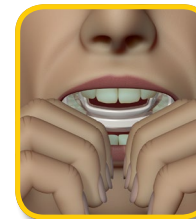


Instructions for use:

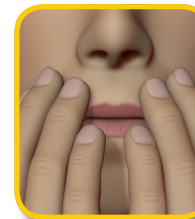
Prior to using the *myOSA® TMD* see a medical or dental practitioner for evaluation of your TMJ disorder. This evaluation will determine the potential benefit of the *myOSA® TMD* in conjunction with other treatments. The *myOSA® TMD* serves as both diagnostic tool and initial treatment modality and can determine if your symptoms are directly related to causes of TMJ disorder. **Use your *myOSA® TMD* appliance for 1 hour each day and overnight while sleeping.** The *myOSA® TMD* appliance must be fitted by your doctor. After fitting ensure it fits tightly and can be removed and replaced into the correct position.



Step 1 – Hold the *myOSA®* facing right way up.



Step 2 – Place the *myOSA®* into your mouth.



Step 4 – Close down on the *myOSA®* and allow it to guide your jaw forward.



Step 5 – Make an effort to keep the lips together and breathe through the nose.

Clean your *myOSA®* appliance under warm running water everytime you remove it from your mouth. Use *Myclean™* tablets to correctly clean twice a week.

Initially use the *myOSA® TMD* during the day to become accustomed to it. Once accustomed to the *myOSA® TMD* use it while sleeping.