



## Treatment with Oral Appliances

Patients who experience damage from habitual bruxing, which is defined as grinding, gnashing or clenching of the teeth and is mostly an unconscious habit, are generally prescribed full coverage splints to alleviate the problem. However, custom made splints require time-consuming procedures.

Treatment with a soft flexible oral appliance is now considered the most convenient way to protect against the harmful effects of night-time bruxing. These appliances function by providing a gentle protective barrier between the upper and lower teeth thereby limiting the damaging effects of bruxing.

When in place, during sleep, the *Myosa® TGH* appliance will protect against the damage caused by bruxing to the teeth as well as the TMJ (jaw joint). The appliance is customisable to fit most sized mouths and when moulded correctly, provides excellent retention.



The *Myosa® for Teeth Grinders* range fits snugly to the upper arch, with good retention, during sleep and provides immediate protection for both the dentition and TM joints from any further damage caused by bruxing.



## Immediate Bruxing Solution

Do any of these symptoms describe you?

- ✓ Your jaw aches or clicks
- ✓ Tension headaches when waking up
- ✓ Your teeth are wearing away and sensitive in the morning

The *Myosa® for Teeth Grinders (TGH)* is designed to provide an immediate protective barrier against night-time bruxing as well as added protection for TMJ (jaw joint) problems.

### DESIGN FEATURES

- Firm construction for heavy bruxers & jaw joint protection.
- Thickened base for increased protection.
- Easily moulds in less than 2 minutes and can be remoulded.
- Flexible, comfortable to wear and provides good retention.
- Customisable for smaller-sized mouths.

Also available is the *Myosa® TG* - a softer appliance for optimal comfort.

**IMPORTANT: CONSULTATION WITH A MEDICAL PRACTITIONER IS ESSENTIAL TO CORRECTLY EVALUATE YOUR CONDITION.**

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time.



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Single Patient Use.



Fold

Fold

MOULDBLE  
OPTIMUM  
FIT



FOR BRUXING

FOR **TEETH  
GRINDERS**

HARD - HEAVY GRINDERS

myosa.com

**TG<sup>H</sup>**  
HARD VERSION

Worldwide patents. Details  
available at myoresearch.com

myosa



## Understanding the Problem

Teeth grinding or bruxing, is a common symptom associated with mouth breathing and can be exacerbated by stress or nervous tension. Bruxing can cause damage to the teeth including visible enamel wearing, tooth cracking or excessive tooth mobility. While the entire *Myosa*® range will offer some protection against the damage caused by bruxing, the *Myosa*® for Teeth Grinders is designed specifically for this purpose and provides a protective barrier between the teeth. Intended to wear with use, these appliances can be easily replaced to prevent damage to the dentition.

## Immediate Protection From Further Damage

Bruxing is defined as grinding, gnashing or clenching of the teeth. While it is primarily caused by nervous tension, anxiety or stress, bruxing is predominately an unconscious habit and takes place during sleep. The *Myosa*® for Teeth Grinders range fits snugly to the upper arch, with good retention during sleep and provides immediate protection for both the dentition and TM joints from any further damage caused by bruxing.



## Myosa® for Teeth Grinders

The *Myosa*® for Teeth Grinders (TGH) is specifically designed to work best for bruxers who do not show any symptoms of TMJ Disorder. The single layer appliance, which is made from flexible material, fits comfortably in any mouth size and when in place helps to reduce muscle tension around the mouth during sleep. Easily moulded, the TGH is recommended for night-time use as well as during the day, if daytime grinding is a problem.

### Myosa® TGH - design features

**Thickened base** for increased protection of teeth and jaw joints.

**Tongue guards** assists in positioning the tongue correctly.

**Easily mouldable** in under 2 mins and can be remoulded.



**Dual layer** for firm fit and excellent retention.

**Allows optimum jaw position** to be customised for the individual patient.

Myosa® TGH Cross Section



Fold



**Indications For Use:** The *Myosa*® for Teeth Grinders (TGH) is fitted over the teeth and worn at night while sleeping. It features a unique flat base designed to protect the teeth and jaws from the effects of night-time teeth grinding. The *Myosa*® for Teeth Grinders TGH is easy to mould in under 2 minutes.



### Step 1

Pour freshly boiled water into a glass bowl. Immediately place the appliance into water for 30 seconds, upside down with base uppermost.



### Step 2

Gently lift appliance from water using a spoon and cool under tap water for one second only, bringing surface temperature to a comfortable level then quickly proceed with the next step.



### Step 3

Watching in mirror, line up centre of appliance with centre line of upper teeth and quickly proceed on pressing firmly into front teeth and molars.



### Step 4

Move your lower jaw slightly forward and lightly close your mouth to hold the appliance in position, then create suction in the mouth while biting down. Continue for 20 seconds while moulding upper edges, front and back, by pushing firmly through lips and cheeks.



### Step 5

Place the appliance in cold water for 2 minutes to cool then reinsert to check fit. Repeat fitting procedure, if necessary. Initially use the *Myosa*® TGH during the day to become accustomed to it. Once accustomed to the *Myosa*® TGH, use it while sleeping.

SEE INSTRUCTIONS



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