



# do you clench or grind your teeth?

ask your dentist to  
prescribe a **BiteSoft**® splint

## frequently asked questions

### **How long do I need to wear my BiteSoft® splint before my pain goes away?**

For pain management, the usual time-frame for recovery can vary from overnight to several weeks. An important factor is the length of time the pain has been present.

### **Do I need to wear my BiteSoft® splint during the day?**

Your BiteSoft® splint is designed to be used during sleep when there is no conscious control of clenching. Only your dentist can advise you if day time wear is necessary.

### **Who should I go to for this treatment?**

Check that your dentist is a BiteSoft® splint provider and uses a BiteSoft® licensed laboratory or email us if you are not sure.

### **How can I be certain it will work for me?**

Total protection of teeth can be guaranteed but when used for overcoming pain there are so many causes it is difficult to be 100% sure. We have many testimonials from patients that tell us that they are no longer in pain and that their BiteSoft® splints have changed their lives.

### **How comfortable is the BiteSoft® splint?**

The vast majority of people adapt to the minimal dimensions almost immediately. Most people actually prefer to have the appliance in at night due to the muscle relaxation effect.

## patient feedback

*"Neck pain was a regular part of my life. It was difficult to deal with and could last for days. Since treatment with the BiteSoft® it's been months since I have had any problems and the difference in my life has been nothing short of amazing. To be without pain for so long is really a life changing experience."*  
AW

*"I am thrilled with the recent treatment that I received for my TMJ problem. I had previously tried various medications that had little effect. After using the BiteSoft® device I can say that the pain in my aching jaw has improved 100%"* MT

*"My BiteSoft® is so comfortable I don't like removing it in the morning... makes me wake up feeling great."* NC

## dentist feedback

*"The BiteSoft® is a wonderful little device that has helped many of my patients."* Specialist Dentist

*"I've worn a conventional splint every night for eight years because nothing else was available. I reached a point where it really wasn't helping and I woke up with muscle pain most mornings. When I switched to the BiteSoft® splint the improvement was immediate. Now I wake up feeling rested and looking forward to the day ahead."*  
General Dentist



A practical solution for:  
Bruxism & Headaches

### **Important Notice:**

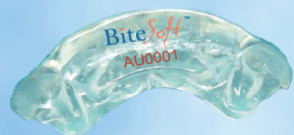
The use of segmental and full arch splints may result in occlusal changes. This is largely due to the relaxation of your jaw muscles. It is strongly recommended that you discuss any prior orthodontic treatment or bite problems with your dentist before proceeding with any form of splint therapy.

## bruxism: a major dental problem

The clenching and grinding of your teeth is known as Bruxism. We believe this to be a major factor leading to headaches, damage to teeth and fillings, implant failure and even neck pain.

Most people are unaware that they clench their jaws whilst they are sleeping. Did you know that your teeth are only meant to be contacting with force whilst you are chewing?

The BiteSoft® anterior splint was developed by MyoHealth™ Global Corporation in consultation with leaders in the field of Bruxism and TMJ Disorders. Its revolutionary design has forever changed the way splint therapy is prescribed.



the patented BiteSoft® splint  
a breakthrough solution for clenching and grinding



### Benefits of the BiteSoft® Splint

- ▶ Insulates teeth from wear and attrition
- ▶ Prevents cracking or chipping of teeth and fillings
- ▶ Protects expensive investment in crowns, veneers, implants and fillings
- ▶ Relieves jaw and neck pain
- ▶ Extremely comfortable to wear
- ▶ Avoids the use of pain medication
- ▶ Does not interfere with sleep



Patient wearing a BiteSoft® splint - an invisible, drug free alternative

### Important Information

You will notice that your BiteSoft® splint has our logo and a unique Product Authenticity Code (PAC) inside. The PAC indicates the legitimacy of each BiteSoft® splint and protects you and your dentist by making it easy to verify that your splint is an authentic BiteSoft® splint.

Unlicensed copies of the BiteSoft® splint can cause severe health problems and should be reported immediately to us via our website. Your BiteSoft® splint must only be fabricated by our own licensed laboratories.

Dentists prescribe the BiteSoft® splint to ensure that your teeth and dental restorations last longer. The replacement of your BiteSoft® splint is recommended every two years or earlier depending on severity of bruxism. It is important to continue with your regular periodic dental check-ups.



## SELF ASSESSMENT TEST FOR BRUXISM

### DO YOU CLENCH OR GRIND YOUR TEETH?

Clenching and grinding of one's teeth is known as Bruxism. Many people who have Bruxism are unaware that they have this problem. Bruxism may cause headaches, damage to teeth, fillings and jaw pain.

Please fill in the following self-assessment test to find out if you have Bruxism:

### TICK THE BOX FOR A YES ANSWER

- Do your teeth touch or make contact when you are not chewing?
- Have you had wear, damage or fractures of teeth, fillings or crowns?
- Do you get headaches or jaw pain on occasions?
- Are your jaw muscles or temples tender when pressed?
- Do you have occasional discomfort when chewing?
- Do you have a clicking jaw?

If you answered "Yes" to any ONE of these questions Bruxism may well be causing significant problems, and it is recommended that you discuss with your dentist how a BiteSoft® appliance can help, or go to [www.myohealth.com](http://www.myohealth.com) for further assistance.

### Please Note:

The BiteSoft® splint is made under strict licensing conditions and is approved by the US Food and Drug Administration (8725570...K040315).

BiteSoft® is protected under US patent number 10/835.649 and European patent number EP1663049. Unlicensed manufacturing is not permitted.

It is recommended that you discuss any prior orthodontic treatment or bite problems that you may have had with your dentist before proceeding with any form of splint therapy.