

**NIGHTGUARDS**



*Stop*  
the Grind  
*grinding & clenching treatments*



**D**oes your jaw feel stiff or do you have difficulty opening your mouth wide? Are your teeth sensitive to cold drinks? Do your jaw muscles feel tired in the morning? You may be grinding your teeth at night (a medical condition called bruxism) or you may be clenching your teeth, which can be just as harmful. People with nighttime grinding habits may wear away their tooth enamel "ten times faster" than those without "abusive chewing habits."<sup>1</sup> Eventually, your teeth may be worn down and destroyed.



*Bruxism can wear down and destroy your teeth.*

Treating bruxism and clenching is very cost effective compared to not treating the problem. The alternative is to replace or repair the bruxer's damaged or destroyed teeth with either fixed crowns, fixed bridges or removable dentures. Ask your dentist if a nightguard can help to provide temporary relief from grinding, bruxing, or clenching.

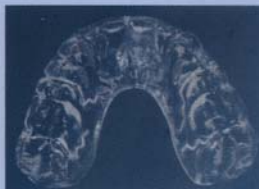
G.J. Christensen, DDS, MSD, PhD. "Treating Bruxism and Clenching," JADA February 2000: 233-235.



## SOFT NIGHTGUARD

Processed using heat & pressure forming for a comfortable fit

- Indicated for patients with mild bruxing/clenching.
- Soft EVA has high flexibility for easy removal.
- Completely biocompatible.



## ACRYLIC NIGHTGUARD

Injection molded using cadmium-free acrylics for biocompatibility

- Indicated for moderate bruxing/clenching.
- Special clasps can be used for improved retention.



## ERKODUR BITE SPLINT

Thermoformed under vacuum for an accurate fit

- Indicated for moderate bruxing/clenching.
- Ideal for patients allergic to acrylics or metals.

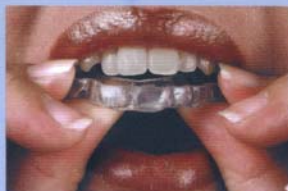


## FLEXITE™ NIGHTGUARD

Stronger than acrylics providing long-term durability

- Indicated for severe bruxing/clenching.
- Ideal for patients allergic to acrylics or metals.

## Custom Fitted For You



*Nightguards are custom made on a model of your mouth and are easy to insert & remove.*

Flexite is a trademark of Rapid Injection Systems Corp., Mineola, NY.



*"We're sleeping better now that we use  
a nightguard to reduce our bruxing."*

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