

If your BiteSoft™ feels too tight or teeth become painful, discontinue use and call the clinic to make an appointment for an adjustment.

Occasionally staining may occur to your BiteSoft™. This can be treated by soaking the appliance in 10% peroxide solution. (obtained from the chemist) for 1-2 hours.

Wearing the BiteSoft™ can facilitate relaxation in tense and dysfunctional jaw muscles and a resulting change in the position of the jaw when the teeth come together. For a small percentage of patients there may be a permanent change in the way the teeth fit together.

Usually this does not present any problems for the patient. However in rare situations discomfort may result and further dental treatment may be required to achieve an improved biting contact of the teeth.

The time frame for the resolution of jaw pain varies with individuals and can sometimes take up to 6-8 weeks.

Your BiteSoft™ and your teeth should be checked at regular intervals as discussed with your dentist.



A practical solution for:
Bruxism, Headache
and TM Disorders

Your BiteSoft™ splint is designed to be small and comfortable and to reduce the intensity of clenching forces on muscles, jaw joints and teeth. Its appearance is different from other splints because it does not cover most or all of either your upper or lower teeth.

Studies show that whilst other splints protect your teeth from wear, intense clenching and grinding can still occur resulting in tired muscles and jaw soreness.

Your BiteSoft™ splint must only be worn during sleep and not during the day or while eating unless otherwise advised by your dentist.

During the first week or so it is common for patients to remove their BiteSoft™ unknowingly while they are asleep. This is not a problem and soon diminishes as the mouth adapts.

When not in use keep your BiteSoft™ splint in its protective container.

Clean your BiteSoft™ splint before and after wearing using a soft bristle toothbrush and toothpaste.

If your BiteSoft™ splint becomes loose and can be dislodged with tongue or lip pressure, discontinue use and call the clinic to make an appointment for an adjustment.



Important Notice

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

BiteSoft™ is protected under International Patent Application Number: PCT/AU2004/000761.

Australian Innovation Patent No. 2005100272.

USA Patent No. 10/835,649

Unlicensed manufacturing is not permitted.