



# Cornerstone Dental Group

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## & Associates

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### *Your NTI...what we want you to know.*

Your **NTI** (nociceptive trigeminal inhibition) is specifically designed to both protect your teeth and your jaw joint (TMJ) by suppressing jaw muscle contraction (clenching and grinding).

- ✓ Depending on your diagnosis/symptoms, your NTI may be worn:
  - ☞ Regularly at night
  - ☞ Nightly during periods of stress and/or
  - ☞ During the day when you are under stress
  - ☞ NEVER wear your NTI more than 12 hours a day.
- ✓ Your speech may initially be affected. This is transient and you will learn very quickly how to talk with your NTI. Reading out loud will help speed up the process.
- ✓ You may initially find that you are salivating a lot. Again as your body gets used to the NTI, the salivary flow rate will return to normal.
- ✓ Although it may take some time to get used to wearing the appliance, you should not experience any tenderness. It is important that the NTI is comfortable. If a sore spot develops or a tooth/teeth feel tender when the appliance is removed, please call the office so we can adjust it.
- ✓ The NTI should fit securely; if you can remove it with your tongue by applying pressure or if the device does not lock into place with a snap, discontinue use immediately and call the office to be refitted.
- ✓ Never drink anything without removing the device first.
- ✓ Never attempt to wear your NTI while you eat or chew anything.
- ✓ Do not use your NTI while intoxicated or taking any prescriptions or over the counter medication which make you drowsy or would impair you from inserting the device correctly.
- ✓ Never attempt to adjust your NTI; all adjustments should be made by your dentist.
- ✓ Do not bite your appliance into place. Use your fingers or thumbs to gently seat it.
- ✓ If you have any dental work done to your teeth that the NTI attaches to, you will need to have it examined to ensure that it fits correctly.
- ✓ Please bring your appliance to your regular dental check-ups/cleaning appointments so we can check its fit and function.
- ✓ Always brush and floss your teeth before inserting your NTI. Trapping food debris and plaque under the device will increase your chance for decay.
- ✓ Rinse your NTI under warm water, never boiling, when it is removed and store it in the protective case provided. In addition, your guard should be soaked once a week in a commercial denture cleaning product of your choice, or my favorite, one tsp of dishwashing crystals in a glass of hot water for 30 minutes. Rinse it well after.
- ✓ Dogs love NTIs **and will** chew them; store it in a safe place.

More information is available at [www.nti-tss.ca](http://www.nti-tss.ca)

*Thank you and if there are any questions or concerns please don't hesitate to contact the office.*