



Bruxism Facts

- **Everyone** bruxes! But over 80% of bruxers don't realize they're doing it!
- Forceful involuntary contact between the biting surfaces of the upper and lower teeth.
- Taken from the Greek word "Bryx" - a gnashing of teeth.
- Definition: "to grind the teeth, a clenching of teeth, associated with forceful jaw movements, resulting in rubbing, gritting together of the teeth, usually during sleep."
- An involuntary habit.
- Tends to affect women more severely than men.
- Over 95% of patients are nighttime bruxers.
- Nighttime bruxers' teeth can grind up to 40 minutes for every hour of sleep.
- Bruxing can exert as much as 600 pounds of force per square inch (10 times the force registered during normal chewing) on your teeth and restorations. ***That's enough to crack a walnut – and to easily damage your new smile!!!***



Caring for your new Clear-Flex or Dual-Flex

1. Your dental staff will instruct you on how to insert and remove your Clear-Flex or Dual-Flex.
2. It is very important to soften your Clear-Flex or Dual-Flex appliance under warm tap water prior to its insertion in your mouth.
3. Never allow the appliance near high temperatures or allow it to dehydrate for more than 24 hours.
4. Keep appliance moist when not in use. A retainer case works nicely. Simply place the appliance in its case with a small piece of wet paper towel.
5. Harden the appliance under cold tap water prior to cleaning. Brushing with a soft brush and toothpaste, or soaking in a denture cleaner, is all that is needed.
6. Removal of the appliance is best accomplished by using equal pressure on both sides of the mouth. This will minimize the chance of damage to the soft portion of the appliance.
7. Maintain proper oral hygiene including visits to your dentist every 6 months.



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Keep Those New Smiles Safe!

Treatment Options for Grinding and Clenching



Don't Let Tooth Grinding and Clenching Damage Your New Smile!



Congratulations on your bright new smile! You have made an investment in yourself that will bring you years of happiness and well-being.

Now, it's time to consider

immediately protecting that smile from the dangers of bruxism (i.e., the technical term for grinding and clenching your teeth).

"I don't grind my teeth!"

First, let's be clear. For all practical purposes, **everyone** grinds or clenches their teeth. Some more, some less. You may do it while under stress, while deep in concentration or when you are angry. It often happens while we are asleep. And, it's an unconscious habit. Most of us don't even realize we're doing it!

Bruxism can destroy your restorations

Bruxism can exert as much as 600 pounds of force per square inch (10 times the force registered during normal chewing). That's enough force to crack a walnut! And, it impacts your teeth at odd angles, making it especially destructive. No matter when you do it, habitually clenching or grinding your upper and lower teeth together can lead to serious complications for your new smile: wear, chipping of edges and even complete breakage.

Protect your esthetic investment with Clear-Flex or Dual-Flex Splints

Every year, dentists prescribe over 3.6 million protective splints across North America. They go by a lot of names (i.e., nightguards, biteguards, occlusal splints, biteplates, etc.) but their purpose is the same – to save your smile from the wear and tear caused by bruxism. Clear-Flex and Dual-Flex splints are the latest state-of-the-art developments in protective splint therapy.

- Safe, comfortable "smile insurance".
- Prevents contact between upper and lower teeth, evenly distributes forces as you grind or clench.
- Precisely custom fitted by your dentist.
- Easy to insert and remove.
- Can be worn day and/or night.
- Ideal for the cosmetic patient who has just received new esthetic veneers or crowns.



Two Options to Choose From (as recommended by your dentist):

Clear-Flex

- Indicated for patients with mild bruxing/clenching.
- Entirely constructed of soft material.
- Often used for "clenchers" where the top surface must give under stress.

Soft material conforms to your teeth for comfortable, reliable fit.



Dual-Flex

- Indicated for patients with moderate to severe bruxing/clenching.
- Unique, rugged combination of hard and soft materials.
- Soft base is easy to fit and comfortable to wear.
- Hard material takes on the stresses of bruxism and eliminates bite through.

Hard outer layer is durable and sparkling clear.



Soft base rests comfortably against teeth and gums.

Both splints feature a unique soft, clear base that becomes flexible when placed under warm tap water for easy insertion. As it cools, the splints conform to the shape of your teeth for incredible fit and retention.