

Instructions & Consent



Instructions to avoid risks of NTI treatment:

Fit: Discontinue use and have the device adjusted if it becomes *too loose*, which can pose risk of swallowing or blocking the airway. If the device can easily be removed with your lips or tongue it will need to be adjusted. Also call us for an adjustment if the device becomes too uncomfortable, too tight, or damaged.

Altered bite: Discontinue use and have the device adjusted if your bite becomes noticeably different than before NTI use. This is an indication that your jaw is re-aligning to its more natural position. Although this risk is rare, when it does occur, you would likely feel your very back teeth contact before the other teeth touch. This is called an “open bite” and can result in the inability to bite your front teeth together. Although this helps relieve symptoms, you may want to have your device or bite adjusted to accommodate the improved positioning of the jaw.

Jaw-joint noises: The NTI may allow joint sounds or clicking to decrease or resolve completely. Sounds could also increase as your jaw’s range of motion increases. This can happen as your jaw adapts to a new position; increased clicking may not indicate need for treatment, but if this occurs, a referral to a specialist may be recommended.

Adjustments: The main purpose of the NTI device is to protect your teeth from wear and damage. A secondary benefit is reduction of muscle aches in the head and neck. Resolution of muscle pain may not occur immediately, and sometimes you will need to have the device adjusted to match changing patterns in your night-time clenching. Sometimes a referral to a specialist may be recommended if symptoms continue.

Instructions for Use and Care of the NTI device:

Use: Wear the appliance(s) while sleeping or daytime napping, and for the first couple of weeks, during stressful daytime occasions.

Eating: Never wear the NTI device while eating. Avoid all gum chewing even when not wearing the NTI. You should also avoid chewing hard or rubbery foods for the first month.
Note: Protect your investment by always using your container when you take out your NTI; don’t wrap it in a napkin as you may lose it.

Sleeping: Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may allow significant muscle strain and increased headaches.

Dental visits: Bring your NTI with you to future dental appointments so we can monitor proper fit and function.

Cleaning and Maintenance: Upon removing the device in the morning it should be brushed with a soft toothbrush and cool water. (*Do not put it in hot water, the dishwasher, or microwave as this may change its shape!*) You do not need to soak the device during the day. You can splash a little hydrogen peroxide on it upon placing it in its container to help it stay clean. Once in a while you may have to soak it for a half hour in diluted white vinegar if deposits are starting to develop. *Note:* The NTI will change color with time. This will not affect the function of the device.

I understand and accept the instructions and the associated risks of NTI treatment. I have received a copy of these instructions and agree to follow them.

Patient Signature

Date

Provider Signature

Date