

## NTI-TSS PLUS™ INFORMED CONSENT

**Please feel free to ask us if you have any questions.**

- + Wear the appliance(s) while sleeping or daytime napping. If you have a migraine therapy set, use while sleeping may continue indefinitely, while daytime use will eventually be tapered off to, at most, stressful occasions.
- + Never wear an NTI appliance while eating. Doing so may be painful and possibly damaging to the opposing teeth. Discontinue all gum chewing even when not wearing the NTI. Depending on your diagnosis, you may need to avoid chewing hard or rubbery foods for some time. Note: Please use your container when you take out your NTI.
- + Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may allow significant muscle strain.
- + Bring your NTI with you to all future dental appointments.

**NTI use should temporarily be discontinued and your dentist contacted for adjustment if:**

- + It is uncomfortable, too tight or binding, too loose (can be removed with your tongue or lips), or damaged.
- + When wearing the NTI, your back teeth or canine (eye) teeth can somehow touch each other in various jaw positions, or if you notice an obvious notch or "divot" where your opposing teeth contact the device.
- + You notice that your teeth are no longer coming together as they did prior to NTI use. This is an indication that your jaw is realigning. Although this is usually a good sign and occurs as symptoms have resolved (or are resolving), the improving alignment of the jaw may be undesirable without some type of modifications to the teeth. Otherwise, you may continue to have jaw pain, headache or damaged teeth.

**The patient understands that:**

- + The NTI suppresses the intensity of muscle dysfunctions and is not an orthodontic appliance which can move teeth. Daily chewing (without wearing the NTI) will maintain each tooth's original position.
- + Pre-existing jaw joint noises may not necessarily be indicative of disease or damage, but may also be the body's way of adapting to irritated muscles or injury. The NTI may allow the degree of "loudness" to decrease or resolve completely. Sounds could increase as your jaw's range of motion increases. Your dentist will recommend diagnostic tests for specific jaw joint disorders.
- + Complete resolution of your symptoms may not occur immediately. Symptoms may change over time and must be reported to your dentist. Sometimes the NTI must be modified to fully resolve the symptoms.
- + The appliance should be cleaned thoroughly with cool, not hot, water each morning and brushed without toothpaste. Do not put it in the dishwasher or microwave. When necessary, you can deep clean the appliance with Retainer Brite or Stain Away Plus tablets and a sonic cleaner.

**By signing below, I assert that I have read and discussed all the points raised in this form with my dentist and have had all my questions answered to my satisfaction.**

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SIGNATURE OF PATIENT OR GUARDIAN

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SIGNATURE OF DENTIST

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DATE