

NTI - What is it?

The NTI is a small, simple device that fits securely and comfortably on your upper or lower two front teeth while you sleep.

How does it work?

Wearing the NTI keeps the back teeth from meeting, which prevents jaw-clenching, the intense muscle contractions of the scalp and jaw that migraine and chronic headache sufferers experience during sleep. This intense muscle activity usually occurs without the sufferer's knowledge, and has been linked to increased severity and frequency of headache and migraine pain.

Wearing the NTI also helps protect your teeth from damage caused by bruxing and clenching...an activity that can wear your teeth down or cause chips and cracks.

Care of Your NTI

Today we fabricated a custom fit mouthpiece to help control migraine pain and jaw and headache pain. Here are a few suggestions:

1. If your NTI ever gets loose, please call a dentist immediately. (If you can dislodge it with your tongue it is too loose.)
2. If you have increased pain, call us.
3. If you grind your teeth and make a groove in the NTI appliance call us for an appointment.
4. Please brush the NTI daily with toothpaste. Vinegar/water mixture 1 time per week will remove tarter deposits.
5. Only sleep in the mouthpiece. Do not wear during the day unless instructed by a dentist.
6. Do not wear the NTI while eating.
7. Avoid sleeping on your stomach, it may cause muscle strain.
8. Discontinue all gum chewing.
9. Please store in the "glow in the dark" box provided.
10. Keep away from pets-they like to chew them.
11. Bring NTI to all recall (checkup) visits.

Call us if you have any questions. Good luck.

**Melissa A. Jarrell, D.D.S.
(765) 453-4369**