

DO YOU SUFFER FROM ONE OR MORE OF THE FOLLOWING:

HEADACHES?

JAW PAIN?

**DOES YOUR JAW MAKE
SOUNDS?**

*Then ask your Dentist
about The POD®*

The POD® can be currently used as an aid for these symptoms:

- Clenching, grinding, bruxing, or increased tooth sensitivity
- Jaw sounds such as clicking, popping, crepitus, or jaw locking
- Limited mouth opening or limited jaw movement
- Excessive flattening of teeth, chipping, wear facets, fractured cusps or Class V abfraction lesions
- TMJ/TMD/TMJD
- Facial pain or muscle tightness
- Pain in the temple regions
- Jaw pain or ear pain
- Pain when eating or reduced biting force
- Neck pain and stiffness
- Headaches
- Stress, Tension, Cluster, or Migraine Headaches
- Overactive Trigeminally innervated muscles
- Disturbed Sleep
- Fatigue



INDICATIONS FOR USE

The POD® is for the amelioration of clenching and bruxing associated with TMD and is to be used to aid in the relief of symptoms of TMD/TMJ.

CONTRAINDICATIONS

Device is contraindicated for patients who:

- Have complete dentures or an insufficient number of lower teeth to retain the appliance.
- Have loose teeth or advanced periodontal disease.
- Currently wear a mandibular advancement device at night for Obstructive Sleep Apnea.

CAUTION ONLY

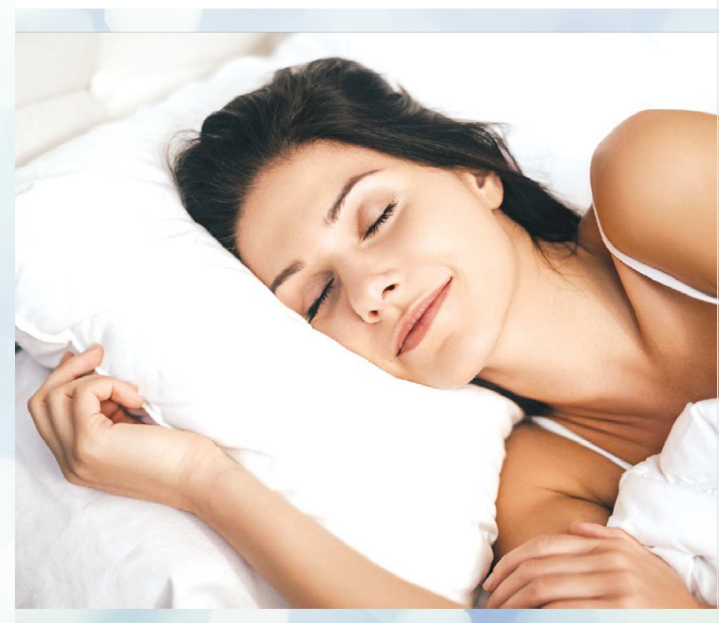
Federal law restricts this device to sale by or on the order of a Dentist.

MANUFACTURED BY

Space Maintainers Lab - SML
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A custom splint, designed to help reduce jaw pain, facial pain, headaches, clenching and grinding related to TMJ Dysfunction



THE POD®
BY ADVANCED FACIALDONTICS



The POD® is a patented night guard worn during sleep to prevent tooth damage caused by clenching and grinding and can help reduce jaw pain and headaches.



Worn during sleep, the device serves to protect the teeth and restorations from the destructive forces of bruxism and will help to alleviate the associated *pain and headaches*. By having the dental arches discluded, excessive wear of the teeth caused by clenching and grinding is reduced. The disocclusion of the jaw reduces muscle tension to help reduce jaw pain, facial pain and headaches. The POD® is:

- Custom made for you, for a precise fit.
- **Made from high quality, biocompatible materials**
- Allows full range of mouth movement, so you can open and close your mouth, as well as talk, drink water, and yawn by wearing the splint.
- Covered by some Dental Insurance plans

WHAT IS BRUXISM?

Bruxism, also known as tooth grinding, is the medical term for clenching or grinding the teeth during sleep or during the day.

Bruxism is a common condition and when done occasionally, may not be harmful. When it occurs regularly, it may be associated with moderate to severe tooth damage, facial pain, jaw pain, limited jaw movement, headaches and disturbed sleep.

DO YOU SUFFER FROM TMJ/TMD?

The POD® may benefit you, if you suffer from any of these symptoms:

- Teeth grinding or clenching, which may be loud enough to awaken your partner
- Worn tooth enamel or notches, exposing deeper layers of tooth
- Increased tooth sensitivity
- Jaw sounds such as clicking, popping, or locking of the jaw
- Facial muscle tightness, jaw pain
- Ear ache because of severe jaw muscle contractions
- Tension, stress or migraine headaches
- Chronic facial pain

WHY IS TEETH-GRINDING HARMFUL?

In some cases, chronic teeth grinding can result in fracturing, loosening, or loss of teeth. Chronic grinding may wear teeth down to stumps. When this happens, bridges, crowns, root canals, partial dentures and dentures may be needed. Not only can severe grinding result in tooth loss it can also affect the jaws, result in hearing loss, cause or worsen TMD/TMJ, and even change the appearance of your face. Sleep bruxism may also be linked with medical conditions and have an impact on your quality of life.