



 **OPTIMOTION**

Application and care information



Dear OPTIMOTION users,

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You know that feeling: Pain in the jaw joint and headache dictate your daily routine. One or both of the following medical diagnoses apply to you:

- You suffer from bruxism, also known as grinding of teeth.
- You suffer from Temporomandibular Disorder, i.e. dysregulation of muscle function or joint function of the jaw joints.

Your dentist has had an **OPTIMOTION** therapeutic appliance produced for you individually. You are already holding the solution in your hands.

These instructions provide you with information about the treatment with **OPTIMOTION**, describe the applications as well as provide important information on cleaning and caring for the therapeutic appliance.

Should you have any questions in relation to the **OPTIMOTION** therapeutic appliance, please contact your dentist.

THE OPTIMOTION TREATMENT

The **OPTIMOTION** therapeutic appliance can be used to alleviate pain caused by dysfunction of the jaw joints.

The therapeutic appliance is worn in the mouth whilst sleeping and may reduce complications due to bruxism such as exposed tooth necks and inflammation of the gum.

Treatment with the **OPTIMOTION** also reduces abrasion of the teeth and relaxes the jaw muscles and facial muscles.

THE OPTIMOTION THERAPEUTIC APPLIANCE

The therapeutic appliance was made for you individually and either is an appliance for the upper jaw or an appliance for the lower jaw.

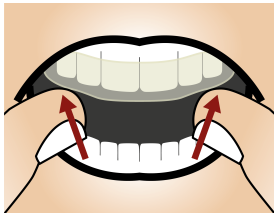


USING THE OPTIMOTION THERAPEUTIC APPLIANCE

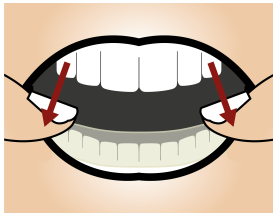
Inserting the therapeutic appliance

Insert the appliance into the mouth completely. Carefully place the appliance on the dental arch and press the appliance onto the teeth by applying as little pressure as possible.

The appliance snaps onto the teeth and should stay securely in place. If the appliance does not fit onto the teeth when applying appropriate pressure, check the orientation of the appliance.



Inserting of upper-jaw appliance

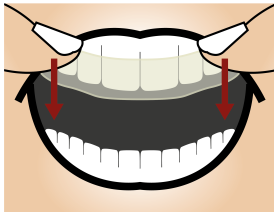


Inserting of lower-jaw appliance

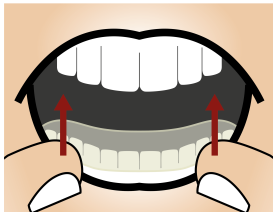
Do not attempt to attach the appliance forcibly. If you encounter problems inserting the appliance, consult your dentist.

Removing the therapeutic appliance

It should be possible to remove the therapeutic appliance from the dental arch by exerting a slight amount of force. Place your thumbs on the appliance in the area of the molars on both sides and equally lever the appliance upward with slight pressure. Then, carefully remove the appliance from the mouth.



Removal of upper-jaw appliance



Removal of lower-jaw appliance

Do not attempt to remove the appliance by forcibly. If you encounter problems when removing the appliance, consult your dentist.

Period of use

Your dentist provides comprehensive information on type and duration of use. Depending on your individual indication, your dentist will provide information on the times when to use the appliance. Remove the therapeutic appliance before eating or drinking in order to avoid any damage. Drinking water is also possible when wearing the therapeutic appliance.



CLEANING AND CARING FOR YOUR OPTIMOTION THERAPEUTIC APPLIANCE

Cleaning

- Always brush your teeth thoroughly prior to inserting the therapeutic appliance.
- Clean the therapeutic appliance thoroughly every morning after removing it, using a soft toothbrush under lukewarm flowing water. You should use this toothbrush exclusively for cleaning your **OPTIMOTION** therapeutic appliance.
- Clean all surfaces, in particular the surfaces contacting your teeth.
- You may clean the therapeutic appliance once a week using a prostheses cleaner not containing oxygen.
- After cleaning the **OPTIMOTION** therapeutic appliance, always store it in the provided storage container in a cool and dry place at room temperature.

Indications relating to care

The use of prostheses cleaners containing oxygen could result in the plastic in your therapeutic appliance becoming permanently damaged. The use of hot water and toothpaste or a hard toothbrush could also result in damage. Improper cleaning will result in loss of warranty.

Storage

The appliance must not be exposed to direct sunlight (for example on a windowsill or in a car). The appliance should be stored in a cool and dry room between 10°C and 25°C.

LIFE TIME AND DAMAGE

Life time

The **OPTIMOTION** therapeutic appliance has an expected life time of 2 years. We recommend a regular check of the therapeutic appliance by your dentist.

Changes to the therapeutic appliance

Unauthorized changes to the therapeutic appliance could lead to damage or a danger of injury.

Damaged therapeutic appliances

Regularly inspect your therapeutic appliance for damages. Examples of such damages include deformations, cracks, breaks, gaps, and loose parts.

A damaged or broken therapeutic appliance may no longer be used because a risk of injury exists, for example due to swallowing or aspirating small parts. If any injury occurs, please contact your dentist immediately.

INDICATIONS AND SIDE EFFECT

Indications for use

For adults, the use of the **OPTIMOTION** therapeutic appliance is indicated in the following cases:

- Protection of teeth and restorations from injury due to bruxism.
- Temporary treatment of Temporomandibular Disorder (TMD) along with the relief of associated headaches and pains.
- Temporary relief of Temporomandibular Disorder (TMD) and bruxism by reducing muscle tension.

Contraindications

The **OPTIMOTION** therapeutic appliance must not be used in the following cases:

- As an athletic mouth guard
- By persons under the age of 18
- In case of insufficient dentition
- In case of severe respiratory problems

Possible side effects

In the event of respiratory problems, nausea or allergic reactions, remove the appliance immediately and contact your dentist as fast as possible.

Wearing the therapeutic appliance can lead to excessive salivation. Increasing pain in jaw joints and jaw muscles also may occur. Moreover, temporary pain of the palate, gum or the teeth as well as headache may occur.

In the event of prolonged complaints, remove the therapeutic appliance immediately and contact your dentist as fast as possible.

Long-term side effects could include, under certain circumstances, unwanted movement of the teeth, changes to the dental occlusion or loosening of the teeth. In the event of unwanted movement of the teeth, changes to the dental occlusion or loosening of the teeth, contact your dentist immediately.

In case of longer use of therapeutic appliances, we recommend regular dental check-ups.



Your dentist hands over the appliance in the **OPTIMOTION** storage container.

Store the cleaned and dried therapeutic appliance in the storage container after each use.

If you have any questions or suggestions regarding your **OPTIMOTION** therapeutic appliance, please visit our websites:

WWW.SICAT-OPTIMOTION.COM





**FURTHER INFORMATION TO PATIENTS
ONLINE:**

WWW.SICAT-OPTIMOTION.COM

PRACTICE / INFORMATION



Manufacturer

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