

Clinical Technique

1. Soften in warm water
2. Bite down to form to the teeth
3. Cool in tap water

Instructions for fitting and care are also included in the package.

“How-To Video”



“I am a dental professional and I have never seen the results that I’ve witnessed with the GrindReliefN! It truly makes a difference in everyday life, with all of the stress that can lead to clenching and grinding. This device not only helps to protect wear to the teeth but it takes the strain off of the muscles that can cause jaw, head, neck, and shoulder pain due to clenching and grinding.”

Brittney Serra, RDH



“I work as an RDA in Northern California. The Doctor passed your product off to me since I have a history of bruxism. I tried the GrindReliefN and it has been a life saver! I have even personally made myself night guards out of various materials and this is the only one that has actually given me relief.”

Christina Cracknell, RDA



“GrindReliefN is the best product I have ever used for my clenching issues. It is not only versatile and affordable but extremely effective. I also find it much easier to use than the larger bite guard products that cover an entire arch. This product is small enough I can wear it and talk with ease. It has been a blessing for myself and many of my patients who struggle to use the larger standard bite guards.”

Sarah Winter, RDH

You see the signs. You hear the complaints. You want to help.

Introducing
GrindRelief^N
THE BEST Device for
Clenching and Grinding



US Patent No. 7,607,436 & 8,186,356
Made in the USA



Order On-Line

GrindRelief^N

GrindGuard Technologies, LLC
4498 Klais Dr. Clarkston, MI 48348
CALL: 877-401-1224

Rev. 1/2020

You see the clues every day.

According to the American Dental Association, 95% of people experience bruxism at some point in their lives.

While most all dentists and hygienists know the symptoms of bruxism, many do not understand how much related head and neck pain exists caused by this. Most understand that jaw pain, in the absence of tooth disease, could be related to clenching or grinding, but upper shoulder pain, neck pain, headaches, ear pain and even vertigo can also be related to this problem.

Untreated, the sequelae of damage can lead to a lifetime of painful, costly and preventable dental maladies.

The TOP TEN CLUES for detecting Bruxism

- Flattened canines
- Abfraction
- Popping, clicking pain in TMJ
- Frequent headaches, migraines
- Chipped, worn incisal edges
- Worn cusp tips
- Isolated bone loss
- Cracked teeth
- Broken restorations
- Patient indicates stress, grinding, clenching



Stress is the “killer”

Clenching and grinding of teeth are at an all-time high during these extremely stressful times.

General and specific anxiety, tension and fears do not just disappear when sleeping.

While some people grind and clench their teeth during the day, MOST do this at night- in their sleep- and are unaware that they do it; except for the pain they suffer.

In short, as the jaw muscles contract on the front, the shoulder, neck and head muscles reflexively contract on the back. Hence, the connection - the mystery - is explained! One thing is certain; once the clenching and grinding were treated with a proper appliance, the shoulder, neck and headache pain dissipate!

The NTI® device appears to be a benchmark. Studies show that it can reduce “bad” muscle activity by 60% or more, and other studies showed that it was able to reduce migraine headache in 80 +% of a test group. However, its design causes only the front few teeth to be in contact, and this does not suit certain occlusions- especially Class 2/ long centric.

The Power Bar creates pressure on the upper and lower midline at the same time. Therefore, the device doubles the beneficial mechanism of action of the NTI device.



With the jaw retruded, some bicuspid occlusion exists, but as the patient moves forward into excursions, pressure is put on a front Central Power Bar.

The GrindReliefN covers the upper or lower anteriors. Pressure is concentrated at the midline... where the **Central Power Bar** acts as a stimulus to naturally reduce clenching pressure.



The thermoplastic two-part construction of this device provides a perfect answer, with your guidance, to help reduce muscle hyperactivity.

The GrindReliefN is available for the dentist to purchase at a quantity discount; call for pricing. On-line instructions are provided for this device, and the practice may code and charge the fee of a typical splint, or a fee that he or she feels is appropriate. Code #D9110 also works.

This low-cost, right-now approach can be a profitable practice builder and a referral-builder. It can move the patient out of a pain-causing condition permanently for most, or temporarily if a larger, bulkier appliance becomes indicated. It is the best over-the-counter device to help your patients with clenching and grinding problems.

Additional features:

- **Can be fitted to upper OR lower anterior teeth covers ONLY anteriors, for additional comfort**
- **Can be re-fitted if needed**
- **FDA-cleared**
- **Provided with hygienic protective storage box**
- **Easily fitted by the patient, dentist, hygienist or auxiliary in a few minutes, with a cup of hot water (~150°F)**
- **Three-year wear-through warranty**
- **NO laboratory fee or second appointment**

