



# Best-Bite™ Discluder Instructions for Patients

Congratulations on having the Best-Bite™ Discluder. This appliance provides rapid pain relief for head, neck and facial pain that is due to increased muscle activity. It is essential that you follow these and your doctor's instructions in order to get the greatest possible benefit from using the Best-Bite™ Discluder.

1. Use Best-Bite **immediately** when you start to experience any head, neck or facial pain.
2. When using Best-Bite **you must gently tap your lower teeth** against the device making 10-12 taps per minute opening your teeth approximately ½" between taps. Just wearing the device will not work, you must make definite taps.
3. **Always put the safety strap over your head** before putting the Best-Bite in your mouth to prevent accidentally dropping or choking on the device.
4. If you have any unfavorable reactions, such as a rash or an increase in pain, stop using the Best-Bite and contact the doctor who dispensed it to you for help.
5. Best-Bite can be cleaned by running it under cool water. **Do not use soap or harsh cleaners.**
6. The custom lining material can easily be replaced by your doctor if it comes out or gets worn.

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## Diagrammatic Representation of How The Best-Bite Discluder Works

The jaw is a lever. In order to avoid stress, muscle spasms and fatigue in the main positioning muscles (lateral pterygoid) and main elevating muscles (masseter, internal pterygoid and temporalis) the teeth must not force the jaw (condyles) out of the centered position in the jaw socket. If the teeth do pull the jaw out of the centered position in the socket, the bones and ligaments will not be able to create a stable fulcrum for the jaw joints so the muscles will be forced to hold the jaw joint stable to allow it to function under force. The jaw muscles, however, were not designed to function under a continuous load. Prolonged muscle contraction can often lead to muscle fatigue, strain and sometimes spasm and pain. This is no different than when a person over-stresses any other muscle group, such as in weight lifting. After many repetitions, the muscles will fatigue, possibly causing pain or stimulate neural pathways that trigger other types of head, neck and facial pain.

The only position where the jaw joint is braced without the necessity for continuous muscle activity and fatigue is the one in which the condyle is seated in the center of the jaw socket. This centered position is the position that the condyles would naturally assume if the teeth did not force the condyles out of a centered position in the socket. Best-Bite separates the teeth and guides the jaw joints to center so that the muscles can relax relieving any related head, neck or facial pain.

### A. CORRECT BITE

Teeth meet and the jaw is centered



### B. CONFLICT

Jaw is centered but the teeth can not fit together properly



### C. CONFLICT BITE

Teeth together but the jaw is pulled out of position



### D. WITH BEST-BITE

Teeth cannot pull jaw out of socket



BEST-BITE  
Discluder



BEST-BITE Discluder  
filled with liner material



BEST-BITE Discluder  
fitted to patient's teeth