

Dear Doctor,

Thank you for purchasing the Best-Bite system for your practice. Best-Bite products are now available from Whip Mix Corporation in Fort Collins, Colorado.

There are over 80 million patients with head, neck or facial pain and dental damage due to bite problems. The Best-Bite system is the best way to diagnose, educate, provide immediate pain relief and fabricate predictable treatment for the 50% of these patients whose pain is due to bite problems.

Please take a moment to review these key points to ensure success:

Tips To Improve Your Quality of Care

- **Ask your patients about headaches several times.** Most patients do not associate headache treatment with the dentist. Be sure to ask your patients if they are having headaches, often rephrasing the question to focus on migraine, tension and even sinus headaches. Make sure you have the Best-Bite patient education brochures prominently displayed in your waiting room. Don't forget to show patients the included patient education video on TMD.
- **How to use Best-Bite.** Ask patients to rate their current head, neck or facial pain from 1 to 10. Palpate the lateral pterygoid and note sensitivity. Reline Best-Bite and place it on the upper central incisors. Patients must gently tap their teeth against Best-Bite for 2 minutes tapping at a rate of 10-12 taps per minute opening approximately 1" each time. Do not attempt to force or manipulate the patient, just allow them to gently tap into their centric occlusion. After two minutes ask the patient to rate their pain from 1 to 10 and palpate the lateral pterygoid again noting any difference. **Remember Best-Bite will work, no pain relief indicates that muscles are not the cause of the head, neck or facial pain.**
- **Bite Records and Lab Rx.** Once the jaw joints are centered and the muscles are relaxed, inject Best-Bite Bite Registration material between the posterior teeth while Best-Bite is still in the mouth for an accurate bite record. Remember this bite record is for case mounting. For bite splints, the recommended vertical dimension is 1.5mm from first contact on the articulator.
- **Use Best-Bite during adjustments.** When adjusting the bite splint, teeth or crowns start by using Best-Bite to center the jaw joints and relax the muscles. Then adjust the splint, teeth or crowns to the centered, relaxed position. After a few adjustments the condyles will go out of center and re-engage the muscles, so use Best-Bite for a few seconds to re-center the jaw joints and then continue adjusting.

If you have questions, please call Whip Mix customer service at 800-626-5651 (option 2). We look forward to providing you superior service and products in the future.