1. NTI-TSS
   NTI-TSS

2. Best-Bite
   Best Bite
The title of this section is probably a misnomer, but we decided to use it due to the popularity of the generic term "TMJ". Nevertheless, this new section is in response to devices being offered as starter appliances in the quest to relieve patients of pain in general and headache specifically. Headache is probably the most common dysfunction from which human beings suffer. It is the rare individual today who has not suffered from a headache. Many of these headaches are presumably musculoskeletal in nature and may be caused by occlusal dysharmony. Anterior bite jigs have been used to provide first aid for any muscle-related problem for many years, but fabricating them can be laborious. These devices are designed to simplify the process.

### Product Comparison: TMJ Appliances

<table>
<thead>
<tr>
<th>Product</th>
<th>Cost/Device</th>
<th>Color of Device</th>
<th>Wear Time</th>
<th>Fabrication Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>NTI-TSS</td>
<td>$22.22</td>
<td>Translucent</td>
<td>Day or Night</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Best-Bite</td>
<td>$12.50–$20.00</td>
<td>White Opaque</td>
<td>Day</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>

**Description**

Prefabricated, clear plastic anterior discluders. Cleared by the FDA for “Prevention of Medically Diagnosed Migraine Pain and Jaw Disorders”.

**Sizes and Main Indications**

**Standard** 19mm wide. Fits over maxillary central incisors and has a center section that extends below the incisal plane. This center section is the main discluding area. Indicated for night time use.

**Standard/Wide** 31.4mm wide. Same design as Standard, except longer for more retention when necessary.

**Universal/Slidebar** 31.4mm wide, but without the discluder section. Can be used over the mandibular teeth as a “slidebar” surface against which a Standard device on the maxillary teeth would “slide”.

**Daytime** 19mm wide. Same basic size as the Standard, but thinner and does not have the discluding area. Mainly designed for day time use.

**Fabrication**

Merely fit the device over the central incisors with the discluding area paralleling the occlusal plane and perpendicular to the long axis of the mandibular incisors. Fill with Snap, allow to set (block out open gingival embrasures first), trim as usual, and insert.

**RAVES & RANTS**

- Fast and easy to fabricate
- Has FDA blessing
- Headache patients can be emotionally difficult to treat
- Could lose patient’s faith if it doesn’t work

**Trial Kit**

Cost: $200.00/9 ($22.22/patient)

Includes:
- 3 standard devices
- 2 standard/reduced vertical devices
- 1 standard/wide device
- 1 universal/slide bar
- 2 daytime
- 9 patient device holders
- 10 patient brochures
- 1 btl of Snap liquid (4oz)
- 1 btl of Snap powder (40g)
Packaging
Devices come in a small, plastic box with dividers for the various sizes.

Directions
There is no way you cannot find out how to diagnose, treat, fabricate, etc, with the avalanche of written booklets, video, and two CDs, plus the Web site. All aids are well-done and help tremendously to understand this product.

Marketing
Brochures, CDs, camera-ready art.

Description
White polyethylene anterior discluder.

Sizes and Main Indications
One size. 24mm wide. Fits over maxillary central incisors and has an extension in the front with a hole through which a neck strap, called a retention leash, inserts. This allows the patient to have a safety valve just in case it dislodges and enters the pharynx. Main indication is as a temporary pain reliever for muscle spasm pain that is due to occlusal dysharmony.

Fabrication
Merely center the device over the central incisors with the disclounding area parallel to the occlusal plane and perpendicular to the long axis of the mandibular incisors. Fill the discluder with the cartridge-based, automix reline material, which is basically a very fast-setting, very viscous purple vinyl polysiloxane. Since it is very rigid, it would be prudent to block out any open gingival embrasures before inserting the device.

As the material is setting, you are supposed to have the patient slowly tap his/her bottom teeth against the bite surface of the device. While this is happening, you are supposed to be guiding the mandible back to prevent it from assuming a protruded position. But the reline material sets very quickly, so this is not a leisurely pursuit.

Once the reline material is set, remove the device, trim the excess material with a scalpel, insert the retention leash (this is basically a relatively large gauge nylon braided string that needs to be knotted), and you are finished. The whole procedure, start to finish, can be done in less five minutes.

Packaging
Discluder kit comes in a corrugated cardboard box with flip up lid. Contents are contained in a foam insert with cut outs for the appropriate sections. The discluders merely come loose in a Ziploc bag. The patient cases looks like small, round, blue plastic night-guard cases with the top attached to the bottom via an umbilical. Curiously, although there are eight discluders, only six patient cases come with the kit.

Directions
Plain paper with four black and white photos. Simple and straightforward. The developer of this system, Dr. Jerry Simon, has also written a book called Stop Headaches Now, plus there is a wealth of information on the company’s Web site for both patients and professionals.

Marketing
Brochures.

Raves & Rants
- Virtually no learning curve
- Can be fabricated in five minutes
- Bulky
- Not all patients experienced relief

Discluder Kit
Cost: $159.99/8 ($20.00/patient)
Includes:
- 1 cartridge of liner material (50ml)
- 11 mixing tips
- 8 discluders
- 6 patient appliance cases
- 8 Retention Leashes

Refill Kit
Cost: $299.99/24 ($12.50/patient)
Shelf life: Limited to the life of the liner material

Best-Bite
Best-Bite
(3.6)

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The Ratings

1123
The **NTI-TSS**, with its translucent devices that can be worn both during the day or while sleeping, rates a cut above. With Snap being the reline material, they are very rigid and are retained very well. They come in several different configurations, all with minimal bulk. They can help some patients, but not all patients will be successfully treated with this device.

**Best Bite** is designed with a flat but tilted discluding platform that is designed to encourage the condyles to center upward and relieve any muscle spasms. It can be fabricated start to finish in less than five minutes with a learning curve that is quite flat. However, it has limited application—it’s more akin to first aid, not designed for nighttime use, and is somewhat bulky. While it will help relieve headaches in some patients, others found no relief. But with its simple fabrication and minimal cost, it’s probably worth a try if a patient is in acute distress.