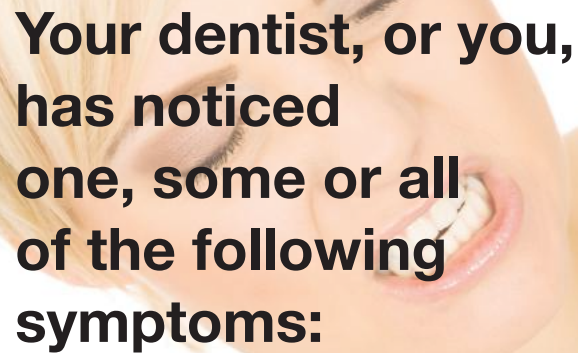


So, you're getting a

# FOSA

FACE\* Orthopedic Stabilizing Appliance



**Your dentist, or you,  
has noticed  
one, some or all  
of the following  
symptoms:**

- ✘ Worn teeth due to grinding or clenching including broken teeth or restorations.
- ✘ Sore facial muscles
- ✘ History of limited opening or jaw locking
- ✘ Headaches or migraine-like pain, ear pain
- ✘ Clicking, popping or grinding noises in the jaw joints (TMJs) while opening or eating
- ✘ Changes in your bite
- ✘ Pain in one or both of your jaw joints
- ✘ Recession along your gums
- ✘ Mobility of your teeth

These symptoms may be signs of temporomandibular dysfunction (TMD).

# FOSA

FACE\* Orthopedic Stabilizing Appliance

Your dentist has recommended a FACE\* Orthopedic Stabilizing Appliance (FOSA) for your treatment.

A FOSA is a hard acrylic appliance that fits on your top teeth and is worn at night in the initial treatment phase.

Your FOSA is fitted to allow your jaw joints to move to a comfortable seated position that may ease the symptoms that you are experiencing. A number of fittings might be needed as the chewing muscles, jaw joints and soft tissue continue to heal and reposition allowing the jaw joints to seat fully.

Many patients experience the symptoms (listed at left) because of an interference in their bite. These interferences may cause the jaw joints

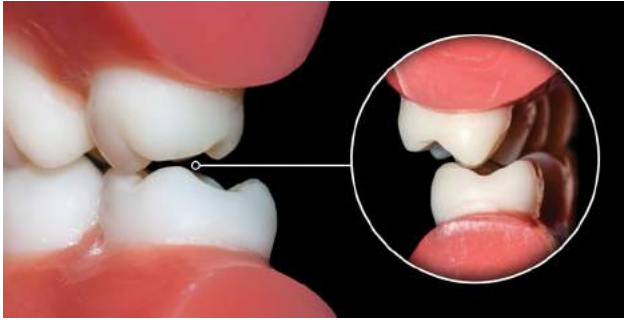
*The FOSA must not be worn more than 10 hours a day until a diagnosis has been made by your dentist and a treatment path determined.*

*The initial treatment phase, of night time wear only, is for a variable length of time depending on the resolution of your symptoms.*

The FOSA helps your dentist determine if the cause of these symptoms is due to the way your teeth fit together and if further treatment is required to resolve your symptoms.

*continued from page 1*

to be misaligned when the teeth fit together. If the jaw joints are out of position because of bite interferences then the chewing muscles can get strained and sore. During the day, your brain helps to ignore the interferences to allow your teeth to fit together.



When you sleep, your brain rests and can't help avoid the interferences that may exist in your bite. As the jaw joints try to return to a fully seated position, the interferences are encountered and this sometimes causes spasms in the chewing muscles. The muscles spasms could be further irritated by night-time clenching or grinding.

Almost all people have some type of interference in their bite that prevents the jaw joints from being in the most comfortable and fully seated position. Usually people tolerate the bite interferences. Life stress, trauma to the face, neck or teeth, surgery to the jaw, wisdom teeth removal, orthodontics or extensive dental work are all possible reasons the bite interferences could cause symptoms.

As healing takes place, your jaw joints will be able to seat into the desired position that is stable and reproducible, called Centric Relation.



## Possible Outcomes of Night-time Wear of the FOSA

- ★ The symptoms resolve, improve partially or completely and you will continue with night-time wear of the FOSA indefinitely.
- ★ The symptoms resolve or improve and you would like a definitive treatment. That treatment could involve: occlusal adjustment, orthodontics, prosthodontics (crowns, implants, bridges), orthognathic surgery or a combination of the above. In all cases, this phase would require a period of 24-hour wear of the FOSA to stabilize the jaw joints. Treatment plans are individualized.
- ★ The problems do not resolve and it is determined that the way your teeth fit together is not the source of the symptoms.

## Use and care of the FOSA

- ✓ Brushing the FOSA with toothpaste before and after wear is recommended.
- ✓ Store dry in the case at room temperature.
- ✓ Keep away from animals, especially dogs!
- ✓ Bring your FOSA appliance to every dental appointment.

