

## Warranty

All SomBrux splints come with a full 1 year warranty from date of purchase. Which covers all manufacturing defaults and breakages.



## How to care for your SomBrux

1. Rinse in cold or lukewarm water and then clean with a soft toothbrush and a mild detergent, such as liquid soap. Rinse well. Do not use toothpaste on your SomBrux, as it may be abrasive.
2. Store in a glass of clean water. By storing in water, your SomBrux will not dry out and it will help prevent crack corrosion. The splint needs to be fully submerged.
3. Once or twice a week soak in a partial denture cleaner, such as "Caldent", "Steradent - Active Plus" or "Fresh Active Polident". Tablets are available from chemists and most supermarkets. Soak for 5 minutes only, then rinse and store in water. Always follow the instructions on the pack.

You may experience a mild plastic taste during first use of your SomBrux, this will disappear with storage and use.


Some patients with amalgam fillings may over time notice discolouration in the lining of their SomBrux splint. This is also relevant to patients who use Pyralvex (a solution for mouth ulcers and denture irritation). Discolouration of the material will not adversely affect the performance or longevity of your SomBrux.

To reduce the possibility of discolouration do not drink coffee, tea or cola's with the device in place. Always brush teeth thoroughly before use and maintain regular dental checkups.

  
**SomnoMed**<sup>®</sup>  
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**SomBrux**<sup>®</sup>

## Protect your teeth from night time grinding

SomBrux for the treatment of sleep  
related bruxism



## What is Sleep Bruxism?

Sleep Bruxism is the technical term for grinding and clenching teeth during sleep that abrades teeth and may cause facial pain. It is a very common condition and may be a habitual nightly occurrence or manifest due to increased stress or anxiety. Prolonged bruxing can result in a number of serious problems and without treatment can irreversibly damage the structure and surface enamel of your teeth. Moderate to severe sleep bruxism if left untreated can result in jaw pain known as TMJ pain, headaches, damaged and loose teeth and gum recession.



## Do you suffer from symptoms of Sleep Bruxism?

If you tick any of the boxes below a SomBrux may benefit you.

- Teeth grinding or clenching, which may be loud enough to awaken your sleep partner
- Teeth that are worn down, flattened, fractured or chipped
- Worn tooth enamel, exposing deeper layers of tooth
- Increased tooth sensitivity
- Jaw pain and muscle tightness
- Earache – because of severe jaw muscle contractions
- Headache
- Chronic facial pain

## The SomBrux

For the treatment of sleep bruxism SomBrux is worn during sleep to prevent against tooth damage caused by grinding, and to alleviate jaw and muscle pain. Similar to a mouth guard SomBrux provides a protective barrier between your tooth surfaces.

The SomBrux is designed with your comfort in mind and combined with the SMH BFlex is a quantum leap forward from standard bruxism devices. Your SomBrux is custom made making it a precise snug fit and allowing you to have full range of mouth opening and closing. You will be able to talk, yawn and drink water while wearing the splint.

When it comes to treating your sleep bruxism do not compromise on the quality of your splint. SomBrux is made from premium materials and is backed by a full one year warranty. Ask your dentist for the best.

## Can I claim my SomBrux on Medicare?

Some patients may be eligible to be treated under the Enhanced Primary Care Scheme. See your GP or dentist for more information.

## Which is the best model for me?

Every mouth is different and our experienced technicians can customize a SomBrux especially for you. Speak to your dentist about any questions or concerns you might have relating to the SomBrux.

## How can I get a SomBrux?

If your teeth are worn, damaged or sensitive, if you suffer from pain in your face or jaw talk to one of SomnoMed's friendly customer service advisors on 02 9467 0400. We will be able to provide you with the details of your closest SomnoMed accredited dentist.

