A Powerful Prescription for Bruxing and Clenching

Patients:
Please print this sheet and take it to your dentist who can prescribe you a Comfort H/S Hard Soft Bite Splint.

Dentists:
Please visit www.comfortsplints.com to view a list of Authorized Comfort H/S Bite Splint Labs.

Identifying the signs of bruxing and clenching

Teeth have cervical abfraction lesions thought to have been caused by bruxism.

This vertical fracture may have been caused by clenching.

Advanced wear of incisal edges on upper and lower teeth is due to bruxism.