



**STATDDS**

Practice Prepared. Patients Protected.™

## **Dental Bruxism Monitor Report**

Patient Name: [REDACTED]

Date of Birth: [REDACTED]

Study Date: 1/22/2016

### **PATIENT INFORMATION:**

This [REDACTED] year old male patient was referred for a type 3 portable bruxism/sleep study. The study was conducted using the STATDDS home bruxism/sleep testing device. The test was conducted to investigate the possibility of bruxism and its relationship to sleep disordered breathing.

### **RESULTS:**

Bruxism Episodes Index (BEI): **4.7/h**

Apnea-Hypopnea Index (AHI): **12.9**

Findings are consistent with bruxism - **ICD 10 code F45.8.**

### **DENTAL RECOMMENDATIONS:**

This patient has bruxism which may be related to sleep disordered breathing.

Please consider the following recommendations:

1. Use of a bruxism appliance (in CPAP cases or when no apnea present). Based on the test results, the following bruxism appliance types which may be appropriate include: partial coverage upper posterior, partial coverage lower posterior, full coverage upper, or full coverage lower. An anterior plane appliance is not recommended.
2. Use of a mandibular advancement appliance. Based on the test results, the following advancement appliances or like appliances which may be appropriate include: EMA, TAP 3 Elite, Herbst, dorsal fin appliances such as the Moses or Somnomed, and Narval.
3. Occlusal equilibration for this patient.
4. Examining the patient for temporomandibular joint dysfunction and orofacial pain.
5. Performing a thorough head and neck trigger point examination and treating with trigger point injections.

6. Using botulinum toxin (Botox/Xeomin) which is very effective for bruxism treatment.
7. Orthodontic therapy if appropriate.
8. Advising the patient of the long term consequences of bruxism if left untreated, need for treatment, and follow up.
9. Behavioral therapy, stress management, and/or biofeedback.
10. Follow-up treatment efficacy testing should be performed to monitor bruxism and evaluate treatment success.

If you need further assistance, please feel free to contact STATDDS.



Louis Malcmacher DDS, MAGD

REPORT DATE 1/26/2016

This report provides test information only with general recommendations. It should only be used in determining an overall diagnosis and treatment plan with all other diagnostic information gathered by the treating clinician. Healthcare professionals must exercise independent professional judgment and care in treating their patients and practice decisions. STATDDS LLC and Dr. Louis Malcmacher assumes no responsibility for patient care which is solely the responsibility of the treating clinician.