



INSTRUCTIONS ON USE OF SPLINT

The splint has been designed to protect and stabilize your jaw muscles and jaw joints. It will help you feel more comfortable and allow healing to occur. The splint is adjusted to hit evenly on your back teeth. Over time as muscles relax, your jaw may change position and the splint may require periodic adjustments by the TMD department. To obtain maximum benefit from your splint follow these guidelines:

1. DO NOT bite down on the splint. The splint is a reminder to keep your teeth apart and the tongue and jaw relaxed.
2. If your splint hurts your teeth or gums leave it out and return for an adjustment. The splint may cause you to salivate for a few days or cause you to feel dry-mouthed.
3. Occasionally the splint may increase your symptoms for the first few days. You must wear the splint consistently and in the manner directed to achieve the desired benefit.
4. Wear the splint as directed. Common beneficial times for wear include, while sleeping, driving and exercising.
5. DO NOT wear the splint when eating.
6. Clean the inside and outside of your splint 1-3 times a day with a toothbrush/toothpaste or denture cleaner.
7. When not wearing the splint, keep it in your case. It is fragile and may break. Excessive heat (i.e., left in a car on a hot day) may cause your splint to warp and not fit properly.
8. If your splint is to be left out for more than a few hours put a few drops of water in the case to prevent warping.
9. Dogs and cats EAT splints, be careful where your splint is kept.
10. Brush your teeth before inserting and when removing your splint.
11. These splints cost several hundred dollars to make, please take care of it!!!

ALWAYS BRING SPLINT TO ALL DENTAL APPOINTMENTS