

## Home Instructions - Your Occlusal Splint

**Your occlusal splint is a diagnostic, repositioning, relaxing, and reversible appliance.**

- ◆ The occlusal splint has been shown to help 70% to 90% of the people with your problem
- ◆ The appliance only sets up conditions for healing, and the body must heal and repair itself.
- ◆ Since the degree of healing and repair are individual characteristics, the relief of the signs and symptoms will vary from person to person.
- ◆ The usual length of time the occlusal splint is worn will vary from three to six months, possibly longer in some cases.

**The occlusal splint is made of a hard, but breakable, processed dental material, much like dentures.**

- ◆ It is strong and durable if you properly care for it.
- ◆ It should be cleaned well twice daily with toothpaste and toothbrush, or scrubbed with baking soda.
- ◆ Never leave your appliance in direct sunlight, or where it can become overheated.
- ◆ Keep your splint away from pets.
- ◆ You should wear your occlusal splint as instructed, except when eating.
- ◆ You will notice when you first remove the occlusal splint from your mouth for eating that the teeth contact differently. This is because of muscle relaxation and the seating of the jaw joint.
- ◆ The teeth are actually interferences in this seated jaw joint path of closure
- ◆ The jaw muscles will quickly modify their action and return to the original path of closure dictated by your teeth.

**Follow up appointments (during the modification phase) will be scheduled to modify your occlusal splint as your muscles and jaw joint relaxes.**

- ◆ In some cases, such as internal derangements of the jaw joint, the splint may need to be modified to reposition your jaw into a more favorable position.
- ◆ Once your symptoms are resolved or reduced and your bite contacts are stable, your condition will be reevaluated.
- ◆ Additional treatment may be required, such as occlusal equilibration (balance bite), orthodontics, restorative dentistry, medical evaluation or surgery.
- ◆ Consultation as to what additional treatment is indicated and the fees for that treatment will be given after the splint therapy is completed.

**If you have any questions, problems or concerns, please call our office. Your dental well-being is our primary concern**