

Wearing & Caring for your Bruxism Splint



The splint will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best relaxed position because it prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw/joint pain, and tooth wear.

Wearing the splint

- To be worn at night when sleeping.
- Excessive saliva is often produced when you first wear the splint. So this doesn't keep you awake insert the splint an hour or so before you intended to sleep. You will only need to do this for the first few nights.
- Brush and floss your teeth before inserting the splint.
- In the morning when you remove the splint you may feel that the bite of your teeth feels different for a few minutes. This is normal because of the relaxation of your lower jaw and muscles.
- Discontinue use if you are ill, have a cold or flu or other illness, which could cause dislodgement of the splint.

Caring for the splint

- Clean the splint with a soft toothbrush, soap and water each morning.
- Store the splint in the box provided allowing it to dry.
- Clean the box regularly with soapy water to prevent bacterial or fungal growth.
- Store your splint away from pets, in particular dogs, as they are attracted to the smell of acrylic and saliva. *Don't let the splint become an expensive dog chew.*

BRING YOUR SPLINT TO ALL DENTAL APPOINTMENTS – this allows the dentist to check the ongoing fit and comfort of the splint and make any necessary adjustments.

Do NOT attempt to file or adjust the splint yourself.

Attend your review and regular check up appointments.

Call the dentist if you develop problems, such as sore spots, sensitive teeth or sore jaw muscles.