



Splint Therapy Information Sheet

At today's visit you had your occlusal appliance fitted and dispensed. Your comfort is extremely important to us. These are some of the things that you may experience and may be helpful to know.

- ◆ You may notice an increase in saliva. Your tongue may play with the plastic; and, you may be slightly uncomfortable. All of this is normal, and will last only a couple of days. You will adapt to the appliance.
- ◆ To get used to the splint we recommend that you wear it for 1-2 hours in the early part of your evening, before bed. Re-insert at bedtime. Some people feel comfortable right away. Others take a few days.
- ◆ In the morning when you remove the splint you might notice that your bite feels very different. Your teeth may feel like they don't fit together. This will normalize within a minute or so. This means that the therapy is working well while you sleep.
- ◆ Your appliance will need to be adjusted until we determine your stable bite. The typical patient will need 3-6 adjustments. The first adjustment will be 24 hours after wearing the appliance for the first full night. Then, weekly adjustments will be scheduled as needed. ***Please wear your splint to the adjustment visit.***
- ◆ Your appliance can be cleaned with cold water, toothpaste and the brush we supply. The appliance should be allowed to dry during the day in the case provided. Remember to disinfect the splint 1-2 times per week with a denture cleanser.
- ◆ Please bring the appliance every time you visit our office, so that we can evaluate it for wear and clean it professionally for you.
- ◆ ***Be aware!*** Dogs will chew your appliance. Be careful where you store it.