

DENTAL DEPOT

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Instructions On Use Of Splint

The splint has been specially designed for you to protect and stabilize the jaw muscles and joints. It will help you feel more comfortable and allow healing to occur. The splint is adjusted to hit evenly on your back teeth. As the muscles relax, your jaw may change position slightly and thus, the splint may require periodic adjustments by us. In addition, follow these guidelines in its use:

1. Do not bite down to seat the splint. Seat with fingers.
2. If it hurts your teeth, take it out and come in for an adjustment.
3. Gradually increase wearing time until you can wear it as much as your doctor specifies.
4. **DO NOT wear the splint when you eat.**
5. Clean the inside and outside of the splint daily by brushing it with your toothbrush (brush under water or with mild detergent). Can also soak in any denture cleaner.
6. When you have the splint out, put it in the case because it is fragile and will break easily; however, if it does break, we can usually repair it.
7. Dogs eat splints. Please do not leave the splint unattended.
8. Store the splint in distilled water if it is out of your mouth for more than a few days.
9. Brush your teeth after eating and before putting the splint in your mouth.