

OCCLUSAL SPLINT INSTRUCTIONS

WHEN TO WEAR

You have been given an occlusal splint as your dentist identified grinding or clenching habits. Wear it as instructed by the dentist, during the night or whole day.

WHAT TO EXPECT INITIALLY

Excess saliva for a few days, this normally subsides after a week or two of continued use.

Once put in feels tight initially for a few minutes, this is normal. It will feel snug against the teeth but not too tight or uncomfortable. It should not rub the gums.

The jaw position will be unusual at first but after a few days become used to the new position.

Pain if it was a symptom should subside.

Altered speech should return to normal if using it during the day as the tongue adjusts to new position. Practice reading out loud in private before using in public for the first time.

Do Not Wear :

Do not wear while eating, it is not designed for this.

Not to be worn during sporting activities, this is not a sports mouthguard.

Remove while cleaning your teeth, sounds obvious but happens late at night!

CLEANING & STORAGE

The splint needs to be kept clean, just as your own natural teeth.

Bad breath & taste will result from inadequate cleaning.

Clean with an appliance cleaning brush & anti-bacterial soap for a minute before & after use.

Rinse & dry then place in storage box provided.

It is recommended to disinfect periodically using Oral Appliance Cleaning Tablets once a week to keep microbe levels down.

MAINTENANCE

Keep appointments for review or adjustments of occlusal splint. Bring along to EVERY DENTAL APPOINTMENT so this can be checked & adjusted as required.

Do not keep wearing without the periodical checking of the fitness.

WHEN TO CONTACT DENTAL CLINIC

Continuous pain which does not settle after a few days.

The bite is not comfortable.

It feels too loose & keeps falling out.

Notice any cracks or damage.

DO NOT

Clench or continuously bite down on mouthguard

Soak in Dettol/denture cleaning agents /alcohol-based mouthwash for long periods

Use toothpaste to clean or Place in hot water

Leave out in direct sunlight

Carry in pocket without being in protective case

Leave out for the dog to chew!