

# OCCLUSAL SPLINT THERAPY

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**Y**our occlusal splint has been customized to allow the maximum muscle relaxation while you sleep. Relaxed muscles create an environment for healthier teeth, gums and jaw joints. Additionally, the splint helps us to better understand your bite function and the demands it puts on your teeth.

Most people will primarily wear the guard during sleeping hours though others may be instructed to wear the appliance when awake.

It is common to feel awkward for the first week or so when initially placing the splint in your mouth. You should quickly accommodate to that feeling. It may take a few days to build up to all-night use of the splint, be patient as you adapt to its use.

Upon removal of the appliance after prolonged use, it is normal to feel as if your teeth do not fit together properly. This sensation will pass typically within an hour. If you have any discomfort at the region of your ears, please call our office immediately and discontinue use of the guard. Otherwise, we want you to wear the splint each night until your next appointment.

The chewing surface of the appliance has deliberately not been highly polished; as to do so would remove the balanced contacts with the opposing teeth.

## AT YOUR SECOND APPOINTMENT

It is often necessary to make slight adjustments to the splint to compensate for the positive changes that have occurred in the tone of your muscles and jaw joints. Subsequent visits are appointed as necessary and are determined by your particular needs.

Splint therapy can be an excellent way to protect your teeth and allow you to experience a healthy bite. Many people who have been successfully treated with a bite appliance can ultimately have their teeth treated to create a stable, healthy aesthetic bite.

## TO CARE FOR YOUR SPLINT

- Brush it thoroughly after each use with water only and let it drip dry.
- Don't drop it – the plastic can break with a heavy knock
- Bring it to all of your future dental appointments, we will clean it and evaluate it for adjustments.
- Keep it out of the reach of any pets, you will be responsible for the full cost of its replacement or repair needed – dogs love to chew them up!

We want you to enjoy the benefits of a healthy bite. Please let us know if you have any questions or if there is anything we can do to help you. We look forward to seeing you at your next visit.

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**KINGS DENTAL**