

Delivery of an occlusal guard (Bite splint)

Today, you have received a bite splint. This splint is there to help alleviate jaw pain and discomfort associated with clenching and grinding, and to keep wear on your teeth to a minimum. . Here are some helpful tips for proper use of your new splint.

Helpful Tips-

We suggest running your bite splint under lukewarm (not hot) water to soften the inside before placing into the mouth. This makes it more comfortable for your teeth.

After running it under warm water for approximately 15 seconds, insert it into your mouth. Your bite splint is made for your upper teeth only. Line up with splint with the arch of your mouth, and gently bite down until you splint is in the proper position. Notice, it may feel a little tight when you first put it in, but it will feel better after 1-2 minutes of wearing it.

We recommend wearing your splint every night until you return for your second appointment so that you may get use to wearing it. We recommend putting your splint in 15-20 minutes prior to bed, to compensate for excess salivation that may occur. This is normal, and as you become accustom to your splint, this will decrease.

If you have pets at home, be careful of where you put your splint. It comes with it's own carrying case. We recommend keeping it in the case when not in use, as your pets may try to make it a chew toy.

To clean your bite splint-

After taking it out, add water to a toothbrush and brush the inside and outside of your bite splint. **Do Not-** add toothpaste to the brush, as this can distort your splint. After brushing it, rinse it out and put it in your case. It is ready for it's next use. You may run a small amount of mouthwash over the splint before putting it in the case if you would like to freshen it up. **Do Not** let is soak in mouthwash, as it can break the material down.

Bring your splint with you to any future appointments. We can adjust your splint if needed, and clean it for you at no charge.

We will see you in 2 weeks for a check and adjustment. This insures that you have the best fit possible.

Bring your bite splint with you to any future appointments so that we can clean it for you and check to insure it is still functioning properly.

As always, if you have any questions or concerns, please feel free to give us a call at (517) 351-1733.

Mashni Dentistry Team