

SPLINT THERAPY INSTRUCTIONS

1. For the first two to three days you will have a war between your tongue and the splint. After a short period of time you will be able to speak more clearly and will become adjusted to the splint.
2. Discipline to wear the splint is very important. Wearing the splint is very important. The more you wear it, the quicker the results will be.
3. Run your tongue along the borders of the splint and check for any rough areas.
4. Keep the splint in your container. Your pets would love to have something to chew on.
5. Brush the splint with your toothbrush and toothpaste to keep it clean.
6. If you have any questions on the length and time you are to wear the splint, ask the doctor.
7. Take the splint out to brush and eat.
8. **VERY IMPORTANT....** Do not miss your appointments please. It is critical that you are monitored during therapy.
9. You will notice after wearing the splint that your teeth will not fit together as they did before. This is a sign of muscle relaxation.
10. Let us know if you begin to have any discomfort in the joint region.
11. You may become more aware of click or pops in your joint.
12. The splint may not get rid of headaches if you are still clenching and bruxing.
13. Do not get impatient. It takes 5 – 7 days for enzymes to break down lactic acid in your muscles, which allows the pain to go away.
14. Sleeping habits – Do not sleep on the side that hurts.
15. Do not chew on the opposite side. Chew on the affected side.
16. Let us know if any pain or discomfort occurs in joint while wearing the splint.
17. We cannot give you any guarantees on joint therapy, but we want to help you with your problem
18. It usually takes about 3 – 4 appointments before we stabilize your bite. Some people will need more adjustments than others.
19. Splint therapy usually takes 3 – 4 months. It varies from patient to patient.
20. Do not ever go more than six months without having your splint monitored.

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