



## SPLINT THERAPY INSTRUCTIONS

- ✓ For the first two or three days, your tongue and the splint will be adjusting to each other. After a short period of time, you will adjust to the splint and it will begin to feel natural.
- ✓ Discipline in wearing the splint is very important. The more you wear it, the quicker you will experience results.
- ✓ If you experience rough areas along the borders of the splint, please call for an adjustment.
- ✓ Brush the splint with a toothbrush (not your daily tooth brush) and use the DentaSoak kit to keep your appliance clean. Always store the splint in its container.
- ✓ Be sure to ask us if you have any questions about wearing your splint, such as the length of time.
- ✓ Take the splint out when you brush your teeth or eat.
- ✓ VERY IMPORTANT! Please do not miss your appointments. It is critical that we monitor you during therapy.
- ✓ You'll notice after wearing the splint that that your teeth will not fit together as they did before. This is a sign of muscle relaxation.
- ✓ You may become aware of clicks or pops in your joint.
- ✓ Wearing the splint may not alleviate headaches if you are still clenching and bruxing.
- ✓ Try to be patient. It takes five to seven days for enzymes to break down lactic acid in your muscles, which causes the pain to disappear.
- ✓ Let us know immediately if you have pain or discomfort in the joint while wearing the splint.
- ✓ We cannot provide a guarantee with joint therapy, but we will do everything we possibly can to help you with your problem.
- ✓ It usually takes three or four appointments before we stabilize your bite. Some patients need more adjustments than others. Splint therapy usually takes three to four months, but it varies from patient to patient.
- ✓ Be sure to have your splint monitored at a *minimum* of every six months.

\*If you experience significant discomfort or any other concern, please do not hesitate to contact our office at (614) 775 – 0840. An afterhours number is available on our office voicemail should you need it.