



CP DENTAL

CARING FOR YOUR SPLINT



How to look after your splint

Your splint has been specially designed to prevent the harmful effects of bruxism (clenching and grinding) by reducing the intensity of clenching forces on the muscles, jaw joints and teeth

WEARING YOUR SPLINT

Unless otherwise advised, the splint should only be worn while you are asleep, and not during the day nor while eating. The splint may feel awkward at first and it may take some time to adapt to wearing it.

It is not uncommon for people to remove their splint unknowingly while asleep - this soon diminishes as the mouth adapts. You may choose to ease into wearing your splint by starting with a few hours per night until you are more comfortable.

CLEANING AND CARING FOR YOUR SPLINT

The splint may contain a thermoplastic material which may distort if placed in very hot or very cold water. The splint should be cleaned after wearing, and kept moist in its protective container when not in use. A soft bristled toothbrush, room temperature water, and liquid soap can be used to clean the splint.

Once/twice a week you may also choose to soak the splint in an effervescent tablet (such as polident or steradent) for 3-5 minutes. Avoid using toothpaste as certain toothpastes can be abrasive and cause wearing of the splint over time.

REVIEW AND CHECKUPS

If the splint becomes loose and can be dislodged easily with tongue or lip pressure, discontinue use and please call for an appointment for adjustment. If the splint feels too tight or teeth become painful, discontinue use and please call for an appointment for adjustment.

If you require dental work, such as fillings or crowns, it is important to bring your splint as it may need modifying. It is also advised to bring it to your exam and clean appointments so it can be checked on a regular basis.



**Make sure to bring your
splint to future dental
appointments.**

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