

Use and Care Instructions for Your Occlusal Splint

We are glad that you have chosen to invest on an occlusal splint. The occlusal splint will allow your jaw joints and muscles to function more smoothly. It will also allow the jaw to find its best position because this guard prevents the teeth from locking together. It should reduce muscle spasm, jaw/joint pain, teeth wear, and cracked teeth.

Wear the occlusal splint as instructed, which is usually during sleep. You may have been advised to wear it during the day also, especially when you are tense and find yourself clenching and grinding.

Initially, excess saliva may be present for a few days. You may find you have removed your splint during the night. Do not worry about this. Place it in your mouth again the next night. It may take a couple of weeks before you get used to wearing the guard.

When the splint is removed from the mouth, you may notice that the "bite" of your teeth feels different for a few minutes. This is expected because of the relaxation of your lower jaw muscles. In some cases, wearing a splint may change your bite permanently. This is because the splint has repositioned your jaw to a more physiologically correct position. The bite change can be noticeable but usually does not cause any problem. You can have orthodontic treatment or partial buildup of your teeth should you choose to correct the bite.

Maintaining Your Splint

Remove your splint in the morning and then rinse it in **cold water only**. Heat can distort and hence ruin your splint. Clean the outside and inside lightly with a toothbrush.

You may disinfect your splint using denture or mouthguard cleaner in **cold water only**.

Good tooth brushing and flossing of your own teeth is also very important.



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Use your storage case to store your occlusal splint. You can store it dry. Do not store it in alcohol or alcohol-based products. Many mouthwashes contain alcohol so please read the label carefully.

Keep your regular check-up appointments and remember to bring your splint with you. We check for the fitting and condition of your device to make sure it continues to protect your teeth and jaw.

You might initially have some jaw pain from wearing your splint and it should ease very quickly once the jaw muscles get used to it. However, if the pain persists after 2 weeks, please let us know.

Please keep your guard away from pets; they like the smell of human saliva and tend to enjoy snacking on them!

Please do not hesitate to contact us if you have any further queries.



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