

## Using your new bite splint

The following information will be useful over the next few weeks as you adjust to using your new bite splint.

Your splint appliance is primarily designed to reduce wear on your teeth from grinding. At the same time, the appliance also reduces the risk of cracked teeth and problems associated with the loss of tooth enamel.

Your splint is a customised, precision-made device. It is constructed specifically to the shape and contours of your own teeth and mouth. It's therefore important to care for it well. With a little care, your appliance will retain its fit and continue to function correctly.

- An unclean splint is neither healthy nor comfortable. To clean, remove the appliance and brush with a toothbrush and toothpaste.

- Be careful not to drop the splint on a hard surface, as it may break. It's a good idea to fill the sink with water-so if you drop the appliance, it's less likely to break.

- Brush your teeth as well before reinserting the splint.

- You may find wearing your new appliance a little strange at first. But you will soon get used to it.

- Your saliva flow may increase during the first few days of use. This will soon taper back to normal.

- During the first week or so, you may find that the appliance falls out in your sleep. This is normal, and will cease as you adapt to wearing it.

We will check on you and your appliance after a week, but we'll be happy to see you earlier if necessary.

Be careful where you leave your bite splint ...

- Do not expose the splint to direct sunlight or excessive heat, as it may lose its shape.

- To a dog, your precision-made splint may look like a tasty chew toy.

- If you leave it lying around in a tissue, it could easily go out with the rubbish.

For protection, store your bite splint in the plastic case provided. The appliance should be kept moist by adding a little water to the case.

See also ...

- Neuromuscular dentistry