

Splint Therapy

An occlusal splint is a removable appliance made of acrylic or resin that usually covers all biting surfaces of the upper or lower arch of teeth. It is indicated for patients that show tooth wear due to bruxing or clenching and/or frequently in treatment of patients with temporomandibular joint disorders (TMD) and related diseases such as tension headache and neck pain.



Advantages

- Protect natural teeth
- Protect dental restorations
- Relieve jaw discomfort, headaches, neck pain and/or ear aches.
- Stabilizes the jaw joint
- Promotes jaw muscle relaxation in patients with stress related pain symptoms

Care Instructions for your Splint

How to care for your splint:

Your splint should be cleaned daily

- ▶ Soaking overnight in an **alcohol free** denture cleaner.
- ▶ **Brush** your splint with a toothbrush to remove all food and plaque
- ▶ **Do not** place in boiling water
- ▶ Toothpaste, or dish detergent such as Dawn or Dial liquid soap may be used.

Adjustments:

- ▶ Bring your splint with you for **every** dental visit
- ▶ Wear your splint night and day (except while eating) for the first 2 weeks, then only at night unless otherwise instructed
- ▶ Call our office for an appointment should your bite feel off or if your symptoms don't improve.
- ▶ Refer to the handout you received on "Dos and Don'ts" for the TMJ Patient

John T. Mahoney, DDS

Derek Scardina, DDS

2117 Old Jeanerette Road

New Iberia, LA 70563

337-365-5865