

Patient Information

STABILISATION SPLINT

- This splint aims to provide comfortable contact between your opposing teeth and the surface of the splint. This might be to help your jaw muscles relax, to encourage you to stop grinding or clenching your teeth, or to 'balance' your bite.
- Usually, you will need to wear this splint only at night, but please follow the advice of the clinician who is looking after you.
- We find that after successful splint therapy most people can be 'weaned' off their splint, and we will advise you about this on an individual basis.
- When you are not wearing your splint remember to keep it in a damp tissue or store it in water.
- Clean your splint with toothpaste and a toothbrush. You can soak it in a dilute solution of Milton for a few hours once a week if necessary. Do not use anything hot to clean it (i.e. boiling water).
- Stop wearing your splint if any of it breaks off and inform us at your next appointment. If you carry on wearing it your teeth could move position.
- We need to review your progress at regular intervals, and adjust the splint as needed. *Please remember to bring the splint with you each time that you visit.*

Patient Information

ANTERIOR REPOSITIONING SPLINT

- This splint aims to maintain your jaw in a particular position in which there is no click when you open and close your mouth.
- You must wear your splint 24 hours a day, including when eating.
- If your jaw should lock (i.e. you cannot open your mouth very wide) leave the splint out until your next appointment.
- Remove your splint only to clean your teeth and the splint. While the splint is out, your mouth opening should be restricted to avoid causing the click.
- Please try to adhere strictly to a soft diet during the period of splint therapy.
- We will need to review your progress at regular intervals.
- If any of the splint breaks off you should stop wearing it immediately and inform us at your next appointment. If you carry on wearing it your teeth could move position.
- After becoming symptom free, (normally after 12 weeks of splint therapy), you will then be advised about how to wean off splint therapy slowly. **Do not do this on your own.** Your clinician will advise you on the best regimen for you.

A common regimen is as follows:

1. Leave the splint out for 1 hour in the morning and 1 hour in the evening for 3–4 days until you get used to being without it.
2. Gradually increase these periods (2, then 3 hours at a time) until your splint is only worn at night. This should take 3–4 weeks. You might find it more comfortable, at first, to continue wearing the splint when eating because you will initially be aware of a gap between your back teeth. Your bite will return to normal as your jaw goes back to the pre-treatment position.
3. Progressively reduce night-time wear by one night a week, but alternating the nights as far as possible.
4. If you feel that the click might be about to return, go back to wearing the splint for a few days or nights. You will never do any harm by doing this.
5. If you later want to use the splint again and it has dried out, rehydrate it by soaking it in water for 24 hours before trying it. If you feel that it does not fit comfortably then contact your clinician.