

Splint Therapy Instructions

1. For the first two or three days, your tongue and the splint will be at war. After a short period of time, you will be able to speak more clearly and will adjust to the splint.
2. Discipline in wearing the splint is very important. The more you wear it, the quicker you will experience results.
3. Run your tongue along the borders of the splint and check for rough areas.
4. Keep the splint in its container. Your pets would love to chew on it!
5. Brush the splint with your toothbrush and toothpaste to keep it clean.
6. Be sure to ask us if you have any questions about wearing your splint, such as the length of time.
7. Take the splint out when you brush your teeth or eat.
8. **VERY IMPORTANT!** Please do not miss your appointments. It is critical that we monitor you during therapy.
9. You'll notice after wearing the splint that that your teeth will not fit together as they did before. This is a sign of muscle relaxation.
10. You may become aware of clicks or pops in your joint.
11. Wearing the splint may not alleviate headaches if you are still clenching and bruxing.
12. Try to be patient. It takes five to seven days for enzymes to break down lactic acid in your muscles, which causes the pain to disappear.
13. Do not sleep on the side that hurts.
14. Chew on the affected side, not on the opposite side.

