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## SPLINT THERAPY INSTRUCTIONS

1. For the first few days the splint will feel large and speaking may be a difficult task. However, after a short period of time you will be able to speak more clearly and the splint should feel quite comfortable.
2. If there is more pain with the splint in place or there are sore spots, remove it and call the office so we can evaluate your problem. After a few visits you should feel more comfortable wearing it than when you are without it.
3. If you feel any roughness with your tongue, please let us know and we will polish it for you.
4. Please keep your splint in the container provided. If it is lost or broken, it usually necessitates starting over with a new one. That takes time and can be very expensive.
5. Brush your splint with your toothbrush and toothpaste daily. Once a week use denture cleaner.
6. Unless told otherwise, remove splint to brush and eat.
7. VERY IMPORTANT... Do not miss your appointments, please. It is critical that you are monitored during therapy and, with the doctor's tight schedule, appointments can be difficult to obtain.
8. You may notice that after wearing the splint for a while your back teeth do not fit together as they did. This is because your muscles have relaxed and allowed the lower jaw to move back to its normal position.
9. The splint may not get rid of headaches if you are still clenching and/or bruxing.
10. Please do not get impatient. It takes five to seven days for enzymes to break down lactic acid in your muscles, which allows the pain to go away.
11. Sleeping habits – Try to sleep on your back.
12. Remember – “Lips together, teeth apart.”