

Post-Op Bruexe

Some information about your new Occlusal Orthotic Appliance (splint):

Your splint is made of a special thermoplastic material. At room temperature (about 70 °) it is more stiff and rigid than it is in the mouth at body temperature (about 98 °). So before placing it on your teeth, warm the splint under running water (fairly warm) for 20 to 30 seconds. This will allow it to insert easier and avoid internal strains on the material which will make it last longer.

Most people need some time to get used to wearing a splint. Your teeth, muscles and tongue need some 'get acquainted' time. At first, wear it for 30 minutes here and there, then remove it. Within a very short time you will be able to comfortably wear it through the night. Your speech will even adapt. Note it is clear and not too noticeable when in your mouth.

You are advised to wear the splint each night upon retiring and perhaps during the daytime hours when stressed. Over time, the results of clenching/grinding of teeth can be catastrophic. Preventing and/or managing this issue can save destruction of teeth and extensive restorative treatment and joint therapy.

Cleaning the splint is easy. Rinse under cool running water and use toothbrush and toothpaste as needed. Don't eat or drink with the splint in, as the material is susceptible to staining which can be quite difficult to clean. The splint should always be in one of two places: in your mouth, or in its case in a drawer. The kids or dog don't need this as a toy.

We will schedule a return visit in about 2 weeks to check everything. The biting surface of the splint may need adjustment as the muscles relax and the Temporal Mandibular Joint returns to its proper position. If questions arise before then or anytime, please call the office and we will happily discuss them. In the future, bring the splint to your cleaning/examination appointments for evaluation and cleaning if needed.