

This form is to be filled out by the Doctor or Staff.

Your New Orthotic/Splint Appliance

Purpose

The orthotic/splint appliance that you have been given are designed to help your joints and muscles heal. They will only work if you follow the directions for their use. The orthotic/splint appliance is designed to hold, position orthopedically. That means the upper and lower jaw bones are aligned correctly to make your TMJ function as well as possible.

The orthotic/ splint appliance also works as a biofeedback device. It “reminds your brain” thereby helping to break the cycle of clenching and or grinding. Initially they will be very uncomfortable, but you WILL get used to wearing them.

Direction for wear

Daytime orthotic/splint appliance worn during your waking hours. You must eat with it. Only remove during the day to clean it, brush teeth and splint after each meal or snack. You must brush your teeth and the daytime splint each time you eat or drink anything sweetened with sugar and you must continue with your regular dental check-ups and cleanings. Remove at night and replace with night appliance.

Night appliance

To be worn anytime you sleep. Upon waking remove night appliance and insert day time appliance. Brush teeth and appliance.

Cleaning and Maintenance

The orthotic/splint is very porous, like a sponge. It can collect plaque like your teeth. Scrub the inside and the outside with a denture brush or toothbrush. You can use an effervescent cleaner, i.e. Polident, to soak it in” with ‘effective cleaner as Ocean’s “Sonic cleaner with Retainer Bright tablets” . Hold the orthotic/ splint appliance up to the light, it should always be clear, which means it is clean. Store in the plastic container provided.

Appointments

Bring both appliances to each appointment. The daytime orthotic/splint appliance will need to be adjusted periodically as the muscles and joints heal. The night appliance will also need to be adjusted accordingly.

NO DENTAL TREATMENT SHOULD BE DONE DURING THIS PHASE OF TREATMENT UNLESS FIRST CLEARED BY THE DOCTOR.

If you have any other questions, please ask us. We are here to help you.