

## Post Operative Instructions for your Splint

### The purpose of the splint

The splint is used for the therapy of muscle malfunctions and general problems of the TMJ. The most important purpose of the splint is to stabilize the teeth occlusion, relief of the TMJ, rest the chewing muscles and area muscles in general and finally prevent the abrasion of teeth in cases of bruxism. It protects your dental work as well.

### Use of the splint

Its use will be during the night, but sometimes it is necessary to use it during the day too.

### Possible discomforts or problems

It is possible in the beginning of its use to have some little problems. In other words, you might feel it is too big the first 24 hours with a feeling of discomfort and an increase in saliva. Because of its structure it may push some teeth resulting in a feeling of numbness especially in the morning after your sleep. It is also possible to unconsciously bite your cheeks. But all these problems disappear when you get used to the splint. If the problems continue, even after a few days and are so intense that you cannot use the splint, then you should inform us and we will adjust it appropriately.

When you take it off in the morning you feel that something strange is going on when you try to close your teeth, since you get the feeling that they cannot fit like they used to. This isn't strange at all and you shouldn't be worried because this is the result of the muscles relaxation.

### Taking care of the splint

The use of the splint presupposes thorough cleaning of the mouth. Before you place it on your teeth you need to brush and floss your teeth well. Even though you don't use it to eat, bacteria can adhere to it. That is why you should clean it daily with toothbrush and toothpaste. Keep it in its case when not in use.

Once a week soak the splint during the day in a glass of water mixed with a little white vinegar, this will make cleaning the splint with a toothbrush easier. To achieve a very shiny splint try scrubbing with the 'yellow velvet laundry soap' once a month, and rinse thoroughly.

**Attention:** Ideally, bring your splint in during your dental visits so we can adjust and review it