



Lakeview
Comprehensive Dentistry

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BITE SPLINT INSTRUCTIONS

- **Following your appointment to seat and adjust your bite splint, you may notice a slight tight feeling when the splint is seated. This feeling will subside as you continue to wear your splint.**
- **Adjustments to the bite splint for comfortable position of your TMJ have been completed. As the muscles relax, you may notice changes to the bite. You have been scheduled for a follow up appointment in 7-10 days to make any necessary adjustments.**
- **When seating your splint, always use gentle pressure, never bite splint into position, as this could damage the splint or may damage your teeth.**
- **When removing your splint, lift on one side first then the other. If your splint is difficult to remove, please call our office for an appointment.**
- **Brush your splint with a soft toothbrush and a small amount of toothpaste to clean, rinsing well with water.**
- **Do not use denture cleaners or soak splint in mouthwash.**
- **Do not eat with your splint inserted. You may drink water only.**