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 of soak splint in mouthwash.

• Do not eat with your splint inserted. You may drink water only.