

INSTRUCTIONS FOR YOUR SOFT SPLINT

Your Soft Splint is a therapeutic appliance used during TMJ therapy or for patient's who experience a high degree of clenching or grinding resulting in jaw, ear, or headache pain.

Your Splint needs to be worn at all times. As your TMJ symptoms begin to subside, you can decrease your wear time. Take it out when you eat. You should stick to soft foods to avoid putting extra stress on your joints. You should think of your joint as a pulled or strained muscle. To ease the stress on that joint, you can limit the times you open and close your jaws by eating a soft diet. You can take Advil every four hours as needed for discomfort. You may also want to try a warm compress on the joint area.

To clean your splint, take it out of your mouth and brush it gently with your toothbrush and toothpaste. You can give your splint a deep cleaning by soaking it in denture cleaner once in a while. Never wrap your Splint in a napkin. You or someone may mistake it for trash and throw it away. Never put your Splint in your pocket unless it is in the case that we give you. Keep your Splint away from pets, especially dogs. Dogs like the smell of the saliva on your Splint and if you leave it out and around your dog, it will chew it into pieces.

Call the office right away if you lose, bend or break your Splint. If your Splint cannot be adjusted or you have lost it, the replacement fee is \$705. Your Splint will not break with normal wear and care. Your Splint will last as long as you need it with the proper care. Remember to always wear your Splint and bring it to each of your visits for a check up. Don't hesitate to give us a call if you ever have any problems with your Splint.

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