

ORTHOTIC CARE

To Remove: With your fingertips, pull up or down on the back outside edges of the splint, just under the plastic layer.

To Replace in Your Mouth: Place the splint over your teeth in the correct alignment and push into place with your thumbs or forefingers.

To Clean: Remove the splint when brushing your teeth and brush it with your toothpaste and toothbrush. Be sure to support the splint evenly while brushing. For removal of odor and stains, soak in any of the following solutions then brush it again with your toothpaste.

1. ½ vinegar and ½ cool tap water for 20-30 minutes.
2. 2 Tablespoons of baking soda in ½ cup cool tap water for 20-30 minutes.
3. Cool tap water and a denture cleaning solution such as Polident or Efferdent for 15 minutes.

Note: Heat will cause your splint to warp. Therefore, do not use hot water when cleaning the splint. If the water is too hot for your fingers, it is too hot for your splint. Do not leave your splint in a car or next to a heater. However, as long as your splint is in position in your mouth, hot food or drink will not damage it.

Special Notes:

1. You must wear your splint **ALL THE TIME** and remove it only to brush your teeth (UNLESS TOLD OTHERWISE). It is especially important to wear your splint when you are concentrating on something such as driving, exercising, paperwork, etc. You are most likely to subconsciously grind or clench your teeth during periods of concentration. Your orthotic is to be worn **WHILE EATING**.
2. At all times try to condition yourself to keep your teeth slightly apart, even when wearing the splint. Your teeth should only touch when you swallow or eat. Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints.
3. You may find that you have more or less saliva in your mouth. This is your mouth becoming accustomed to your splint. In time salivation should return to normal.
4. You probably will have sore teeth, a sore tongue and some muscle pain after the initial insertion of the splint. This is a result of the muscles and your teeth becoming accustomed to the splint. These symptoms should subside within a few days, or in cases, weeks.
5. The best way to learn to speak with your splint in place is to enunciate your words more dramatically. Reading or singing aloud is a good practice. It may take a few days to become accustomed to speaking. Remember, you sound worse to yourself than you do to others.
6. You should brush after every meal. Since your teeth and gums are covered by the splint, your tongue is unable to remove any food particles. Cavities or gum problems may develop if the splint is not kept clean. When you brush your teeth, brush your appliance.
7. Be careful with your splint. Keep your splint away from dogs!!! Dogs love to chew on splints. Try not to drop your splint as it may break. Never wrap your splint in a paper napkin or tissue and lay it on the table. Someone may inadvertently throw it away. Don't put it in your pocket as it might break. Avoid flipping the splint with your tongue as that can damage your splint and make it too loose to wear comfortably.

NO DENTAL TREATMENT SHOULD BE DONE DURING THIS PHASE OF TREATMENT UNLESS DR. WALL IS CONSULTED.

If you have any further questions after you leave our office, please feel free to call us. We want this to be as pleasant an experience for you as possible and are anxious to assist you in adjusting to this therapy.