

WEANING INSTRUCTIONS

1. Wait 1-2 hours after eating before removing orthotic.
2. Replace orthotic during periods of stress or exercise; use night appliance whenever you lie down.
3. If there is slight aggravation during any phase of weaning, you may extend the previous phase for another week or two, and then proceed to the next phase.
4. If your symptoms return and the weaning is unsuccessful, Phase II treatment will involve one or more of the following: orthopedics, orthodontics, prosthetics and coronoplasty, as well as lifetime night appliance wear.

SCHEDULE

<u>Interval</u>	<u>Splint out</u>	<u>Splint in</u>
1 week	1 hour am/pm After meals	To eat and sleep
1 week	2 hours am/pm After meals	To eat and sleep
1 week	3 hours am/pm After meals	To eat and sleep
1 week	4 hours am/pm After meals	To eat and sleep
1 week	All day/eating	Sleep

Please return every 2-4 weeks to monitor weaning progress.