



## **INSTRUCTIONS FOR WEARING BRUXISM SPLINT/NIGHT GUARD/STABILIZATION SPLINT**



1. The occlusal device will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best position because the device prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw/joint pain, and teeth wear.
2. Wear the occlusal device as instructed.
3. Excess saliva may be present for a few days.
4. When the occlusal device is removed from the mouth, you may notice the "bite" of your teeth feels different for a few minutes. This is to be expected because of the relaxation of your lower jaw and muscles.
5. If wearing while awake, you may have a little difficulty in speaking. Remember, any difference in your speech is magnified in your own ears, but is not as noticeable to others.
6. Do not clench your teeth on the occlusal device because this will cause muscle spasms or pain.
7. Clean both sides of the prosthesis carefully with a toothbrush and toothpaste every time you brush your teeth. Also, the use of anti-bacterial soap and water can be used to clean your appliance. Good tooth brushing of your own teeth is also important.
8. Keep your regular check-up appointments. They are necessary for adjusting and refitting the occlusal device.
9. If you are having jaw pain, avoid eating tough and chewy foods while your TM joints, ligaments, and muscles are healing.
10. If you experience pain, apply moist heat to the affected area of the face. Use a damp wash cloth under a hot water bottle for 15 to 20 minutes, 3 to 4 times a day. If the pain does not subside, call our office.