



Ocean View Dental

Office of:

Summer T. Wood, D.M.D.

Keith Vodzak, D.M.D., M.S.D. (Orthodontist)

Keith Dung, D.D.S., Andrea Braun, D.D.S.,

Gabby Shuler, D.M.D., Brandon Gage, D.D.S.

970 North Kalaheo Avenue, Suite C309, Kailua, HI 96734

Phone (808) 254-5503 Fax (808) 254-4645

HOW TO CARE FOR YOUR SPLINT:

Your splint should be cleaned frequently, especially after it has been worn and will be stored for a period of time. The splint will collect debris, stains, and odors if not cleaned properly. Cleaning can be done with your toothbrush, soap and water. Toothpaste is TOO ABRASIVE for the plastic and should not be used. Soaking it in a diluted bleach solution once per week or effervescent solutions (denture cleaner) several times per week (in addition to cleaning with a toothbrush) will minimize staining and odors.

When the splint will not be worn for several hours, it should be stored in a moist environment. A sealed Ziploc bag or case with a little water is adequate to keep the splint from drying out and warping.

ALWAYS bring the splint with you to the office when you have follow- up appointments.

Remember to keep the splint out of reach of little hands or pets.

DO NOT store in direct sunlight or in hot environment.

HOW TO GET THE MOST OUT OF YOUR SPLINT:

1. The splint should work as an excellent reminder to keep the teeth apart and the jaw in a relaxed position. When your teeth touch the plastic of the splint, this means your jaw muscles are becoming tense and you need to relax your jaw, face and neck muscles.
2. When you detect the jaw muscles becoming tense or the opposing teeth touching the splint, sit back in your chair, support head against the wall and relax. Supporting the head makes relaxing the neck muscles easier which in turn relaxes the other muscles.
3. Remember, jaw muscles are relaxed when the jaw is open enough to pass a pencil between the upper and lower teeth. When the teeth are together, there is more pressure on the jaw muscles and the joints. This pressure helps to perpetuate the pain and joint damage. When the teeth are apart, the muscles can relax and the joints can heal.
4. Muscles are most likely to become tense with clenching when you are least likely to notice it. Wearing the splint during these times will help to minimize clenching. This usually occurs when you are concentrating on a mental or physical activity (driving/ exercising).
5. Unless otherwise specified by your dentist, splints should NOT be used while eating. Long term, most patients can reduce daytime wear of their splint, but most have to wear



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at night indefinitely. At this time, there is no known treatment that will “cure” or eliminate clenching or bruxism completely. Splints help control bruxing while they are being used.