

## Splint Therapy Post Operative Instructions

At today's visit you had your occlusal appliance fitted, and dispensed. Your comfort is extremely important to us. These are some of the things that you may experience:

- ◆ You may be somewhat uncomfortable with it in place at first. Increase of saliva maybe evident initially. Your tongue may play with the appliance.
- ◆ To get used to the appliance, try wearing early in the evening before bed. In the morning when you remove the splint, you might notice that your bite feels different. This will normalize within a few minutes and means that the therapy is working while you sleep. To help normalize your bite chew a piece of sugarless gum on each side for 5 minutes.
- ◆ Your appliance will need to be adjusted until we determine your stable bite. Please wear your splint to each adjustment visit.
- ◆ Your appliance can be cleaned with cold water, soap and the brush we supply. The appliance should be allowed to dry during the day in the case provided. Once a month you can use a cap of bleach to 8 oz of water. Soak for 15 minutes. Rinse well.
- ◆ Please bring the appliance every time you visit our office so that we can evaluate it for wear and clean it professionally for you.
- ◆ Take care **NOT** to leave appliance where a dog can get to it. **Dogs have been known to eat them.**