

---

## SPLINT THERAPY AND YOUR OCCLUSAL APPLIANCE

- Your **Occlusal Splint** is a diagnostic, repositioning, relaxing reversible appliance.
- The **Occlusal Splint** has been shown to help 70% to 90% of the people with your signs and symptoms; however, you must remember that the **Occlusal Splint** only sets up conditions for healing and that the body must heal and repair itself. Since the degree of healing and repair are individual characteristics, the relief of the signs and symptoms will vary from person to person. The usual length of time the occlusal splint is worn will vary from three to six months, possibly longer in some cases.
- The **Occlusal Splint** is made of hard, processed dental material, much like that of which Orthodontic Retainers are made. It is strong and durable, if you properly care for it. It should be cleaned well twice daily with toothpaste and toothbrush, or scrubbed with baking soda. Never leave your appliance in direct sunlight, or where it can become overheated. Protect your splint from pets (they will most definitely “eat” it or hide it).
- You should wear your **Occlusal Splint** 24 hours a day, except when eating. You will notice when you first remove the occlusal splint from your mouth for eating or cleaning, that the teeth will contact differently. The teeth are actually interferences in this seated jaw joint path of closure; however, the jaw muscles will quickly modify their action and return to the original path of closure dictated by your teeth.
- Follow-up appointments (the modification phase) will be scheduled to modify your **Occlusal Splint** as your muscles and jaw joint heals and relaxes. We initially estimate the number of follow-up visits that will be needed in your particular case. Depending upon your symptoms and compliance, the number of follow-up visits may be increased.
- After **Occlusal Splint Therapy**, additional treatment may or may not be needed. This would include procedures such as Occlusal Equilibration, Restorative Dentistry (fillings, crowns, bridges, implants) or in some cases tooth movement (Orthodontics). If additional treatment is discussed, we will review the rationale for such, and the fees for that treatment, will be reviewed with you so that you may determine the best course of treatment for your specific situation.

If your Splint is lost, or broken, a replacement fee will be determined based upon your specific condition. In most cases, due to lab expenses, the replacement fee is the same as the initial fabrication fee.