

# MOAMA DENTAL CLINIC

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## SPLINT INSTRUCTIONS

- The appliance should be worn during sleep and not during the day or while eating.
- As the mouth is the most sensitive part of the body, allow a little time to adapt and for excessive saliva to diminish. In a short period of time most people find it comfortable.
- During the first week it is common for patients to remove the appliance unknowingly while asleep. This is not a problem and soon stops as the mouth adapts.
- When not in use keep the appliance in the container with water, and keep away from any source of heat (e.g. full sunlight, hot water)
- Wash your splint with liquid soap and your regular toothbrush before you go off to bed at night and when you take it out in the morning.
- If the appliance becomes loose and easily dislodged discontinue use and call the clinic to make an appointment for an adjustment.
- Bring the appliance with you to your dental visits.

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