CARING FOR YOUR OCCLUSAL SPLINT

ALEXANDRA HILLS DENTAL

Simple instructions to help you use, clean and protect your custom-made night guard.

HOW TO WEAR YOUR SPLINT

- Follow the wear schedule provided by your dentist. Many splints are worn during sleep, but some require a different schedule.
- Place the splint gently with clean hands. Use your fingers to seat it fully; do not bite down hard to force it into place.
- To remove it, ease it off gently and evenly. Avoid twisting or pulling forcefully on one side.
- Do not change the wear schedule or stop wearing it for ongoing symptoms without discussing this with your dental team.

WHAT TO EXPECT AT FIRST

- You may notice extra saliva, a temporary change in speech or a feeling of awareness while wearing the splint. These effects often settle as you adjust.
- The splint should feel secure, not sharply painful. Do not force it if it no longer fits or causes significant discomfort.
- If your bite feels different after removing the splint and the change persists, or if jaw pain or tooth pain increases, contact the practice for advice.

INSTRUCTIONS FOR CLEANING

- After each use, rinse it with cool or lukewarm water.
- Clean it gently with a soft toothbrush and the cleaner recommended by your dental team. Avoid abrasive toothpaste unless specifically advised.
- Do not use hot or boiling water, a dishwasher, bleach, alcohol-based products or other harsh cleaners unless your dentist has confirmed they are suitable. Heat can distort the splint.
- Allow it to dry as directed and store it in its protective case, away from pets and small children.

PROTECT YOUR TEETH AND YOUR APPLIANCE

- Brush and floss your teeth before inserting the splint. Do not wear it over food debris or sugary drinks.
- Do not chew on the splint, bend it, trim it or try to adjust it yourself.
- Bring the splint to your review appointments so its fit, condition and your symptoms can be checked. It may need adjustment or replacement over time.

CONTACT THE PRACTICE

Please contact us if the splint cracks, chips, warps, becomes loose or difficult to fit, causes sore spots, or your symptoms worsen. Do not continue wearing a damaged or poorly fitting splint until you have received advice.