

BRUXISM SPLINTS



Lower Splint

We are recommending a splint (or night-guard) to help protect your teeth from the harmful effects of bruxism (grinding and clenching).

A splint is a hard acrylic appliance that is custom fabricated to fit over all the teeth of either your upper or lower jaws. The biting surface is meticulously adjusted so when you bite together there are even contacts against all the opposing teeth.

Bruxism is very common. Although occurs at any time, people often grind their teeth in their sleep. You may not even be aware you're doing it. The causes are not clear but stress is often one of the main reasons for the habit

Bruxism may cause:

- Chipped enamel
- Flattened, grooved, worn-down teeth
- Loosened teeth
- Cracked teeth

You may have some or all of the following:

- Tense, sore, tired jaw or jaw muscles
- Jaw joint noises
- Dull headaches
- Earaches
- Sensitive teeth

Appointments:

1st appointment- we will take models of your teeth and a registration of your bite. These records will be sent to the dental lab for fabrication of your splint. This will take one to two weeks.

2nd appointment: we will check the fit and adjust the bite precisely to the opposing teeth.

Instructions for use

Please wear the splint at night to protect your teeth and jaw muscles

If you are experiencing any jaw muscle and/or joint problems you may want to consider daytime wear to resolve these issues.

The splint should fit securely with all your opposing teeth touching it evenly. There should be no undue force or pressure to any individual tooth.

We will schedule a follow-up appointment for two weeks time to check and correct any issues you might have with the fit and/or bite of the splint.

Call to schedule an earlier appointment if:

- ⇒ You feel the bite changed drastically, It can be normal for the bite to change as tense muscles start to relax,
- ⇒ You feel continuous pressure or strain on an individual tooth when wearing the splint.
- ⇒ You feel sore spots, sensitive teeth, or sore jaw muscles.
- ⇒ you experience anything unusual regarding your teeth, gums, tongue, etc.

⇒ It should chip or crack,

Care Instructions:

Always brush and floss your teeth before use. Trapping food debris and plaque under the splint can lead to tooth decay and/or gum problems

To avoid the build up of deposits, clean and rinse your splint with a soft brush after each use. If you would like you can also brush it with a mild dish soap.

To loosen plaque, prevent staining and remove odours, periodically soak your splint with Denture cleaner (Polident® or Efferdent®)

Do not clean your splint with toothpaste as it will scratch it

Never clean it with boiling water. This will alter your splint and render it unusable

When not in use, Keep your appliance in the box provided. Clean this box periodically in warm soapy water to prevent bacterial or fungal growth.

Keep the splint away from children or pets.

Do not attempt to file or alter the splint in any way. All such adjustments should be made by the dentist. only.

Always bring your splint with you during your regular dental checkup so we can examine it for any needed repairs or adjustments or if you have any dental procedures done so we can insure proper fit of it following the procedure.

Call us at (705)476-5181 if you have any questions at all regarding the use and care of your splint