

How do I care for my Occlusal Splint?

Make sure to keep your Splint clean: after brushing your teeth in the morning, use your toothbrush to brush your splint.

Note: Do not use toothpaste to clean your splint: toothpaste is abrasive to remove stains from teeth, however, will cause scratches in the acrylic splint. These scratches may then take up stains. Use hand soap or mouthwash instead.

Store your splint in the box provided. You do not need to keep it immersed in water or other solutions when you are not wearing it.

A tip for removing stain from your Splint: soak the splint in a Vinegar/Water solution 1:5 overnight. This should remove most of the stain without damaging your splint.

Splint Adjustments: annual reviews of your Splint are recommended and an annual adjustment is required. Please bring your Splint to all dental appointments so that it can be adjusted after dental work as necessary. A fee will be charged for this review and adjustment.