

BAILEY FAMILY DENTAL & BRACES

HELPING PEOPLE THROUGH DENTISTRY

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ABOUT BITE SPLINTS

Bite splints are used for many purposes:

- Treatment of TMJ (Temple-Mandible Joint) disorder.
- Treatment of tooth wear from grinding.
- Treatment of splinting of mobile teeth due to gum disease.
- Treatment of sore and sensitive teeth.

TMJ and Your Splint

Nine out of ten people will get at least some relief from TMJ symptoms from a bite splint. There are many types of splints, and if this one does not work for you, then we can refer you to a sub-specialist for a different splint. (If you do not respond to this splint, you are still responsible for payment.)

This type of splint is worn primarily at night but can be worn during the day. It works by taking pressure off your joint socket, stretching the muscles, and correcting your bite so you grind less.

There are many adjustments that can be made, so if you need help, let us know.

Tooth Wear and Your Splint

This appliance helps prevent tooth wear by allowing you to grind on acrylic rather than enamel, so it only helps if you wear it!

Sore and Sensitive Teeth

Many people often have chronically sensitive teeth or one bothersome tooth that can be helped by a splint. Often many adjustments to a tooth just worked on is not enough to help it recover, and a splint does wonders. By equalizing pressure and giving you a “textbook” bite while the splint is in, aches and pains can go away.

Loose Teeth or Gum Recession

If you have mobile teeth or areas of bad recession, this splint can help distribute the forces of grinding to help protect some teeth with problems.

Things to Expect From Your Splint

1. You will have excess saliva flow for the first few days.
2. You may remove the splint unknowingly in your sleep at first. (Therefore, keep your dog out of your room or it will eat the splint.)
3. It may feel tight or bulky and it definitely takes some getting used to.
4. Your jaw muscles adapt to the new position and need to re-adapt. When you take your splint out in the morning, your teeth will not fit together correctly for a few seconds to an hour. **Be patient!**

Let Us Know If:

1. Your splint makes teeth sore in the morning.
2. Your TMJ gets worse rather than better.

How To Care for Your Splint

Brush it with toothpaste and a toothbrush when you take it out and when you put it in. You may need to soak it in denture cleanser occasionally, but avoid this if possible. **Please bring your bite splint to all dental appointments.** We can ultrasonically clean it at your checkup visits.

It is best to keep it in your case so you don't lose it. (Dogs will chew your splint up in a second!)