

Dental Associates of Maitland, P.A.

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Occlusal Splint Therapy

1. Your occlusal splint is a diagnostic, relaxing, repositioning and reversible appliance.
2. The occlusal therapy has been shown to help 70% to 90% of the people with the symptoms you have described. However, you must appreciate that the splint only sets up the condition for healing, and that the body must heal and repair itself. Since the degree of healing is an individual characteristic, the relief of symptoms will vary from partial to total. The usual length of time the splint is worn will vary from one to four months to efficiently diagnose the symptoms.
3. Wear your splint 24 hours a day, except for eating, unless otherwise directed. You will notice when you first remove the splint from your mouth for eating or cleaning, that your teeth will contact differently. This is because of muscle relaxation and jaw joint seating. The teeth are actually interferences in the path of closure; however the muscles modify their action and return to a path dictated by your teeth. Subconsciously, the muscles act to alter the teeth by clenching and grinding and mold the jaw joints to their actions.
4. The splint is modified by adjustment in the removal or addition of acrylic in this office due to the physiologic dictation of your teeth at rest and in motion. The splint will be checked for discrepancies of contact to your cheeks, gum and tongue. If any tenderness develops, please contact the office at your earliest convenience.
5. Follow-up appointments will be scheduled for modification of your splint as your muscles relax, heal and strengthen with the prescribed exercises. Dependent upon your individual case, modifications to your appliance will be made to the seating of your jaws. You will be informed of any necessary alterations of the splint.
6. Store your splint in a 100% humid environment. A locking plastic bag serves well during meals. It is easily stored in your pocket or purse. Long term storage in a sealed container with mouth rinse is suggested. Thorough rinsing is necessary before returning to wear. Clean your splint twice daily with your toothbrush.
7. After four months of monitoring your therapy, additional treatment may be indicated, such as orthodontics, occlusal equilibration, surgical consultation, restorative therapy, or neurosurgeon referral. Consultation as to what is necessary will be preformed as a definitive diagnosis and prognosis develops.
8. The fee for constructing the occlusal splint is _____. This fee covers all adjustments and modifications during the four (4) months of care. To replace an occlusal splint due to breakage or loss will be assessed as to the reparability of the breakage and the condition of the models from the initial construction of the splint.
9. The splint is constructed of a hard acrylic for ease of modification. Some individuals require a more durable appliance to constructed after the four month period of therapy. A consultation for this will occur if found to be indicated.