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## HOME CARE INSTRUCTIONS FOR YOUR ORTHOPEDIC REPOSITION APPLIANCE

**To Remove:** With your fingertips or fingernails, pull up or down on the back outside of the orthotic.

**To Replace In Your Mouth:** Place the orthotic over your teeth in the correct alignment and push into place with your thumbs or forefingers.

**To Clean:** Remove the orthotic when you brush your teeth and brush it with your toothpaste. Be sure to support the orthotic evenly while brushing. For removal or odor and stains, soak the orthotic in any of the following solutions, and then brush it again with your toothpaste.

- a) ½ vinegar and ½ cool tap water for 20-30 minutes.
- b) 2 tablespoons of baking soda in ½ cup tap water for 20-30 minutes.
- c) Cool tap water and a denture cleaning solution like Polident or Efferdent for 15 minutes.

**Note:** Heat will cause you orthotic to warp. Therefore, do not use hot water when cleaning the orthotic. If the water is too hot for your fingers, it is too hot for your orthotic. Do not leave your orthotic in a hot car or next to a heater, etc. However, as long as you orthotic is in position in your mouth, hot food or drink will not damage it.

### Special Notes:

1. When you are not wearing the orthotic, rinse it and place it in the case we have given you. Keeping the orthotic wet will keep it from changing shape. If unable to moisten the orthotic during the day, simply take a cotton ball and wet with water or mouthwash (not red colored mouthwash) and squeeze it out. Place the splint and cotton ball in your container. This will keep your splint moist for the day.
2. Be sure to wear your splint all the time and remove and remove it only to eat and brush your teeth **UNLESS TOLD OTHERWISE**. It is especially important that you wear it when you are concentrating on something like driving, paperwork, sports, exercising, sleep or any physical activity, etc. These times are when you are most likely to subconsciously grind your teeth. (Remove splint 10-15 minutes before meals to make chewing easier.
3. At all times try to condition yourself to keep your teeth slightly apart, even when wearing the splint. Your teeth should touch only when you swallow or eat. Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints.

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4. You may find that you have more saliva or less saliva in your mouth. This is your mouth getting used to having something in it all the time. In time this should return to normal.
5. You will probably have sore teeth, a sore tongue and some muscle pain after getting your splint. This is only the muscles and your teeth becoming accustomed to the splint. These symptoms should subside in a few days. If in five or six days they do not subside, please call us. (If you develop sore in your mouth, use Zilactin to make an "oral bandage". This can be purchased over-the-counter at most pharmacies.
6. The best way to learn to speak with your splint is to start right away enunciating more dramatically and reading or singing aloud to practice. It may take a few days to become accustomed to speaking with it. Remember, you sound worse to yourself than you do to others.
7. You should brush after each meal. Since your teeth and gums are covered by the splint, your tongue is unable to remove any food particles and we do not want you to develop cavities or gum problems. When you brush your teeth, also take time to brush your appliance.
8. Be careful with your splint. Keep your splint away from dogs! Dogs love to chew on splints. Try not to drop your splint as it may break. Never wrap the splint in a paper napkins or tissue and lay it on the table. Someone might throw it away. Don't put it in your pocket because you may break or lose it. Avoid flipping the splint with your tongue as that can cause damage.
9. Please consult with us if any dental work or case is required. Extensive dental work, except emergencies, is discouraged because it may change the fit of your splint and require replacement.
10. If dental work is necessary during your splint therapy, tell your dentist you are being treated for TMJ dysfunction. Ask the dentist to give you a rest break every half hour at which time, if possible, wear your splint. Also, do not open your mouth very wide especially for long periods of time. We also suggest you use moist heat on the sides of your face before and after your dental visits. This will help with any discomfort in the muscle and joints that might occur because of the dental work.