

How to Care for Your Bite Splint

1. Wear your bite splint all night, every night and only at night.
2. Keep your bite splint out of heat. Do not leave it in your car or clean it with hot water. This can cause your bite splint to distort and no longer fit your mouth.
3. Each morning, take out your bite splint and clean thoroughly with cool water, liquid antibacterial soap and a denture toothbrush. When not using your bite splint, keep it dry in its case.
4. Do not eat while wearing your bite splint.
5. Keep it out of reach of pets. They love to chew on them!
6. Discontinue use and call our office the next business day to schedule an appointment if you experience any pain or discomfort, such as:
 - headache
 - sore jaw/muscles
 - sore teeth
 - or if the bite splint feels rough, sharp or too bulky anywhere.
7. Please bring your bite splint to all dental appointments. It may need to be altered, and sometimes even remade, to fit around new restorations.
8. Finally, be prepared to come back in for two or more adjustment visits after your bite splint is initially made.