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PERSONALIZED DENTAL CARE

DIVISION OF OCCLUSION
THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER
AT SAN ANTONIO

USE AND CARE OF OCCLUSAL BITE SPLINT

Patient information

The occlusal bite splint you have received serves to aid in reduction of muscle tension, decrease painful symptoms, protect the teeth, and/or maintain the teeth in one position. Following is a list of information and helpful hints concerning your splint.

The splint should be worn regularly as instructed.

Saliva flow will increase during approximately the first two weeks of wearing the splint. This is normal.

Each time the splint is placed over your teeth, it will feel somewhat tight for a few minutes. This is normal.

Each time the splint is removed from your mouth, your bite may feel different for several minutes. This is normal.

When the splint is not to be worn for more than 1-2 hours, it should be kept moist. Either place it in water or wrap it in a wet towel.

Regular periodic check-ups should be made of the adjustment and fit of your splint. If no ongoing appointments are made, do not wear your splint more than 4-6 months without having the fit an adjustment checked.

Your splint should be kept clean just as your teeth should. Bad breath and/or a bad taste may result from neglect in this area. Brush your splint with toothbrush and toothpaste after each wearing.

You may find it difficult to pronounce certain words when the splint is first worn. After a few days, speech will return to almost normal. Practice reading a newspaper aloud in private to help learn new speaking skills.

You should not continuously bite or clench on the splint. It is to help you relax, not exercise.