



Anterior repositioning splint

- This splint aims to maintain your jaw in a particular position in which there is no click when you open and close your mouth.
- You must wear your splint 24 hours a day, including when eating.
- If your jaw should lock (i.e. you cannot open your mouth very wide) leave the splint out until your next appointment.
- Remove your splint only to clean your teeth and the splint. While the splint is out, your mouth opening should be restricted to avoid causing the click.
- Please try to adhere strictly to a soft diet during the period of splint therapy.
- We will need to review your progress at regular intervals.
- If any of the splint breaks off you should stop wearing it immediately and inform us at your next appointment. If you carry on wearing it your teeth could move position.
- After becoming symptom free, (normally after 12 weeks of splint therapy), you will then be advised about how to wean off splint therapy slowly. **Do not do this on your own.** Your clinician will advise you on the best regimen for you. A common regimen is as follows:
 1. Leave the splint out for 1 hour in the morning and 1 hour in the evening for 3–4 days until you get used to being without it.
 2. Gradually increase these periods (2, then 3 hours at a time) until your splint is only worn at night. This should take 3–4 weeks. You might find it more comfortable, at first, to continue wearing the splint when eating because you will initially be aware of a gap between your back teeth. Your bite will return to normal as your jaw goes back to the pre-treatment position.
 3. Progressively reduce night-time wear by one night a week, but alternating the nights as far as possible.
 4. If you feel that the click might be about to return, go back to wearing the splint for a few days or nights. You will never do any harm by doing this.
 5. If you later want to use the splint again and it has dried out, rehydrate it by soaking it in water for 24 hours before trying it. If you feel that it does not fit comfortably then contact your clinician.

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