



OCCLUSAL SPLINTS CARE RECOMMENDATIONS

**This Occlusal Splint has been designed and fabricated for you,
to the exact specifications of your Dentist.**

- 1** Brush and floss your teeth prior to insertion to ensure an accurate fit.
- 2** Rinse your Occlusal Splint under warm tap water before inserting.
- 3** Removal is best accomplished by using equal pull on both sides of your mouth.
- 4** We recommend you clean your Occlusal Splint after every use. To clean your splint use cold tap water, liquid soap and a toothbrush. Do not use toothpaste as it is abrasive and may cause damage.
- 5** Regular use of denture cleaners will help manage accumulation of minerals and stains.
- 6** Check your Occlusal Splint regularly for damage. If any damage is found, stop using your splint immediately and contact your Dentist for further advice.
- 7** Store safely away from pets.
- 8** Always bring your Occlusal Splint to appointments with your Dentist.

If you notice any changes in your symptoms or your bite, please contact your dentist.