



## Bite plane/Occlusal Splint/Maxillary Orthopedic Positioner: Home Care Instructions

The key diagnostic aid that allows your doctor to determine the proper ultimate treatment you may require.

- Allows us to fool the muscles and controlling nerve systems of the jaw into reacting as though your teeth fit together perfectly. You should notice, however that when you remove your appliance, you will feel like your teeth no longer come together quite the same. This is normal and is caused by muscle relaxation and the correct repositioning of the jaw joint.
- An important element of this treatment is that it is non-invasive. This means that it is reversible and does **no permanent change to your teeth**, the way they fit together, or to the muscles or joint. Therefore, **nothing permanent is done until the proper diagnosis is determined for your case.**
- This appliance has been shown to help **70-90%** of the population with your problem. However, you must remember that this only sets up conditions for healing and the body must heal and repair itself. Since the degree of healing and repair are individual characteristics, the relief of the signs and symptoms will vary from partial to total. The usual length of time the appliance is worn will vary according to your specific needs.
- Wear at night while you are sleeping, during stressful activities, and when you feel as though you may be clenching or grinding. In some cases, it may be recommended that you wear your appliance for 24 hours a day. This is usually done in very severe TMJ episodes when accompanied by severe spasms.
- If you wear this during the day, you may find it difficult to speak initially. Be patient! Your tongue will quickly adapt to the new surface and your speech will improve.
- Clean your appliance daily with toothpaste and toothbrush after brushing your teeth.  
*Dental decay can be stimulated if you are not careful about cleanliness of your mouth and appliance. If needed you can also use a denture cleaner tablet, like Efferdent, once a week.*
- Store in a plastic case provided to protect it. Keep out of sunlight!