



# OCCUSAL REHABILITATION CENTRE

BITE, TMJ, HEAD AND NECK PROBLEM MANAGEMENT

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## APPLIANCE CARE

### INSERTION

Do not bite the appliance into place. This will cause damage.

### DAILY CLEANING

Use only cold or warm water when cleaning your appliance. Hot water will distort it.

**Night Appliances:** Clean once each morning while brushing your teeth with toothpaste and a stiff toothbrush or denture brush.

**Day Appliances:** Brush or rinse after each meal and remove any food particles remaining. Clean again morning and night when you brush your teeth with toothpaste and a stiff toothbrush or denture brush.

### DEEP CLEANING

For tartar and stain build-up: (every 1-2 weeks)

1. Soak for 15 minutes in diluted bleach and rinse.
2. Soak for 15 minutes in diluted vinegar. Rinse well.
3. Brush off with a stiff brush and rinse again.

### REMOVAL

Always wear your appliance full-time for the periods indicated by the doctor. Maximum benefits accrue from maximum wearing. To remove, pull gently on the top of the appliance and remove. Rinse or clean your appliance and store wrapped in a moist paper towel in the plastic container provided. This will prevent it from drying out or changing shape.

### EATING

If indicated by your doctor for lower splints, wear when eating as much as possible.

### SALIVATION

Excess saliva is to be expected at the start of treatment.

### TALKING

Your splint may make some letters more difficult to pronounce initially. Reading aloud will quickly help you to speak more normally. If you have an upper jaw repositioning splint, make sure to speak your "S" sounds off of your upper teeth and not the ramp on the splint.

Should a problem arise please phone and speak to your treatment consultant.