



Instructions for TMD Appliance Use

The appliance has been specially designed for you, to protect and stabilize the jaw muscles and joints. It will help you feel more comfortable and allow healing to occur. The appliance is adjusted to hit evenly on your back teeth. As the muscles relax, your jaw may change position slightly and thus the splint may require periodic adjustments by us. Please return as recommended by your doctor to have this done.

Guidelines for Use:

1. **Avoid biting down** on the appliance while awake. Keep your teeth slightly apart and your tongue resting on the roof of your mouth.
2. Mild discomfort in the first few days can occur as you adjust to the appliance. If you experience **persistent discomfort or pain**, contact our office for an adjustment.
3. **Gradually increase** the amount of time you wear the appliance, following your doctor's instructions until it can be worn for the recommended duration.
4. **Do not eat or drink** while wearing the appliance, except for water.
5. **Clean your appliance daily** by brushing it with your toothbrush and using alcohol-free mouthwash or mild liquid hand soap.
6. **For a deeper clean**, you can soak the appliance in denture or retainer cleaner (such as Efferdent or Polident) once a week, but limit the soaking time to no more than 30 minutes. For best results, clean your appliance immediately after removing it from your mouth.
7. **Store your appliance** in the case provided when not in use. It is fragile and can break easily; however, if it does break, we can usually repair it – so **DO NOT** throw it away.
8. **Dogs Eat splints.** Keep the appliance out of reach of pets, especially dogs, as they may chew on it.
9. **Brush your teeth** after eating and before placing the appliance in your mouth.
10. Some appliances soften when heated under hot water. If your appliance is feeling too snug on your teeth make sure you heat it under hot tap water before use. If it continues to be **too tight**, see your doctor for an adjustment.
11. **Bring your appliance** to all of your appointments, both at our clinic and your general dentist's office.

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