



## YOUR NEW ORTHOTIC APPLIANCE

Purpose - The Orthotics/Splints hold neutral jaw positions orthopedically and neurologically. That means the upper and lower jawbones are aligned correctly to make your T.M. joints function as well as possible while standing upright, swallowing, chewing and sleeping. This helps to alleviate:

- Jaw Pain
- Headaches/Migraines
- Movement Disorders
- Jaw soreness and stiffness
- As well as many other symptoms you may have come in with
- Facial Pain
- Ringing in the ears
- Ear Pain and stuffiness
- Throat Pain/difficulty swallowing

The orthotics/splints also work as a biofeedback device. It “reminds your brain where to be” thereby helping to break the cycle of clenching and/or grinding.

### Directions for wear

**The daytime appliance** is to be worn during your waking hours. **You must eat with the appliance in place.** We know that will cause you to chew softer foods; that is part of the intention. It should only be removed to be cleaned immediately after you eat, but place an object like a pencil between your teeth to keep your teeth from touching. The day appliance should also be removed and cleaned prior to putting on the night appliance.

**The night appliance** is to be worn anytime you sleep. **Do not wear the daytime appliance together with the night time appliance.**

**Cleaning and Maintenance-** The orthotics/splints are very porous, like a sponge. It can collect plaque like your teeth. Scrub the inside and the outside with a denture brush. Use an effervescent cleaner, i.e. Poli-dent or Efferdent to soak it in. Do not use toothpaste to clean for it is an abrasive and can scratch the orthotic/splint. Hold the orthotic/splint up to the light, it should always be **clear**, which means it is clean. Store them in the plastic container provided, with a moist tissue, so the orthotic/splint will not distort. Do not leave either appliance in a hot environment, or soak them in hot water, they will warp! **ALSO KEEP AWAY FROM DOGS!! DOGS LOVE HUMAN SALIVA AND WILL EAT AND DESTROY THE APPLIANCES! YOU’RE COMPLETELY RESPONSIBLE FOR YOUR ORTHOTIC AND IT’S SAFETY.**

**NO DENTAL TREATMENT SHOULD BE DONE DURING THIS PHASE OF TREATMENT WITHOUT COORDINATION WITH THIS OFFICE.**

If you have any questions, please ask us. We encourage you to contact us anytime.  
We are all here to help **YOU**.