



# TMD SPLINT



To be effective, your splint must be worn at all times, however, you should

take it out to eat and brush your teeth. At first you may feel that your splint is affecting your speech. After a few days of continued wear, your speech will return to normal.

To keep your splint tasting and smelling fresh, brush it each time you brush your teeth. Once a week, for 15 minutes, you will need to soak your splint using a denture cleanser such as Efferdent or Polident.

When you are not wearing your splint you will need to keep it in the case we gave you. If you have indoor pets, keep your splint out of their reach; dogs like to use them as chew toys!

Remember to bring your splint to every appointment.

**THERE IS A CHARGE TO REPLACE OR REPAIR LOST OR DAMAGED SPLINTS.**

If you have any questions or concerns, please call our office at (478) 953-2700. Additional information may be found on our website at [DrSpillers.com](http://DrSpillers.com).



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