

Munson Dental and Facial Aesthetics
4811 Munson St NW
Canton, OH 44718
234-215-2735

TMJ Bite Splints

A bite splint is a hard plastic retainer designed to fit over the upper or lower teeth.

How can it help you?

The purpose of the bite splint is to change the way your teeth bite together. It will reduce the wear on your teeth if you have a tendency to clench or a grind. Because it is softer than your teeth it will wear in preference to them.

A bite splint also decreases the pressure in the jaw joints or TMJ (temporomandibular joints), reduces the load on the jaw muscles and helps to reduce pain from the jaw joints and the muscles that move your jaws.

Wearing your bite splint

When you first wear the bite splint it will feel unusual in your mouth, particularly for the first few nights. Don't be concerned as you will quickly become used to it. It may take a week or so to notice a difference in your symptoms so it is important to use the bite splint continually for at least 6 weeks.

- Subsequent use is usually tailored to your presenting symptoms and response to therapy.
- You should wear your splint at night when you go to bed (unless advised otherwise) as this is when most grinding and clenching occurs.
- If your bite splint is not worn for a long period (weeks to months) it may feel a little tight or not fit your mouth at all. Try wearing the splint for a few consecutive nights to allow it to fit comfortably in your mouth.
- You may notice an increase in saliva when you start wearing the bite splint. This will decrease over time.

Review appointments:

- The first review appointment is normally 7-10 days after fitting.
- Subsequent review appointments depend on your progress.
- Please don't forget to bring your bite splint to any and all dental appointments.

Cleaning and care

- When you are not wearing your bite splint, keep it in the container provided. Avoid hot water as this can cause the splint to bend and distort! **(DO NOT BOIL OR PUT IN THE DISHWASHER. ALSO, KEEP OUT OF REACH OF DOGS, AS THEY WILL CHEW THIS APPLIANCE)**
- Before or after use, the splint should be cleaned with a soft toothbrush.
- A bite splint will usually last 1-5 years before breaking or becoming worn.