



Post-Operative Care for Occlusal Splint (Bite Appliance)

1. Regardless of your dental condition, whether you have a protruding jaw, receding chin, bite related headaches, or worn teeth, you should wear your custom fitted appliance regularly.
2. Your bite appliance can be cleaned in cool, soapy water and rinsed off thoroughly.
3. To prevent damage, place your bite appliance in a firm container. Historically, we have replaced many accidentally damaged splints in our office!
4. Avoid high temperatures, such as hot water, hot surfaces or direct sunlight.
5. A bite appliance will wear out over time, making it less effective. If your bite appliance ends up with holes, gets chipped, or becomes loose, it can irritate the teeth and oral tissues. These changes also diminish the amount of bite protection your splint provides.
6. Bring your bite appliance and have it evaluated during your regular hygiene visits, every time.
7. Do not self-adjust your occlusal splint! Do not hesitate to call us, in case of any questions, at 408/377-5134.