



# NIGHTGUARD THERAPY

## Instructions for wear:

- In order for the splint therapy to be maximally effective, it will be necessary for you to comply with a few guidelines. The goal of splint therapy is to re-coordinate the properly positioned joints and bite relationship, and, therefore, the splint must be worn as instructed by Dr. Ross in order to achieve this goal.

NOTE: It is important to remember that the effectiveness of your splint therapy is directly associated with your compliance to wear your splint as instructed, in addition to your full compliance with physical medicine and associated at home care.

- We recommend removing the splint only to brush your teeth. It also takes time for the corrective changes to occur within the body. Expect utilizing splint therapy on a full-time basis anywhere from three to nine months; it is sometimes necessary to utilize splints for longer periods of time in specific situations.
- We additionally recommend cleaning the splint on a daily basis with your toothbrush and toothpaste. Utilizing denture cleansers like “Efferdent” is recommended by soaking the splint for twenty minutes twice a week. This further aids in keeping your splint especially clean. You may want to occasionally soak your splint in mouthwash, as well.
- Once it is recommended by Dr. Ross to decrease wear of the retainer from a full-time to part-time basis, please be sure to place your splint in the case provided to you and NOT in a napkin, as this often leads to the splint being thrown away.
- Please keep your splint away from tables and chairs accessible to dogs, as they will think your splint is a chew toy and destroy it.

If your splint breaks, becomes loose, or if you have any questions/concerns, please call 717-637-4131.