

Introduction to and Care of Dental Occlusal Splint

Dental Occlusal Splint / Night Guard

An upper jaw stabilization splint, commonly known as an occlusal splint or night guard, is a device placed over the teeth, typically used at night. This instruction explains the benefits, introduction, usage, and cleaning of the occlusal splint.

When to Consider an Occlusal Splint?

An occlusal splint can be beneficial in several situations, such as:

- Preventing tooth wear caused by teeth grinding (bruxism).
- Treating symptoms and issues related to the temporomandibular joints and masticatory muscles.
- Balancing the occlusion.

Introduction

Getting used to the splint usually takes a few nights, sometimes longer. Initially, the splint may increase saliva production. It can also feel bulky and disturb sleep at first. To ease into using the splint, you can put it in your mouth before going to bed. In the morning, the teeth in your upper and lower jaws may feel differently aligned for a while.

Usage and Cleaning

- **Usage:** Place the splint over the upper teeth at night. Use at other times may be advised by your dentist.
- **Cleaning:** Clean the splint every morning and evening under running water with a soft brush. You may use a mild detergent (such as dishwashing liquid) if desired. Rinse the splint thoroughly and keep it moist.
- **Cleaning Tablets and Solutions:** Use cleaning products available from pharmacies a few times a month.

Remember to bring your splint with you whenever you visit the dentist!

Video (FIN): [Cleaning your night guard](http://www.qadental.com/purentakisko) [www.qadental.com/purentakisko]