



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 clean your splint in the sonic cleaner with a denture cleanser such as Efferdent.

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 WILL BE 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.

J. Don ■■■
SPILLERS Jr.
family orthodontics DMD, MS, PC.