

## Caring For Your Splint (Night Guard)

Thank you for choosing us for your dental needs. Your splint has been carefully designed and constructed to help protect your teeth from clenching and grinding. Here are some instructions on use and tips to look after your splint so that you can get the most out of it.

1. Wear your splint at night, the more often you wear it the more your teeth will be protected. Wearing your splint will also help alleviate any headaches and pains caused by clenching and grinding.
2. Before wearing your splint at night, clean your teeth first. Brush, floss and use interdental brushes, keep up with your oral hygiene routine as set out by your dentist.
3. To wear your splint, insert and position the splint over your teeth and bite down to seat it fully.
4. To take your splint out either pull down from the front using both hands or pull down from the back just on one side. Your dentist will show you which way is the best for you to remove your splint.
5. Clean your splint after wearing it by brushing with warm soapy water and a soft bristle toothbrush.
6. Store your splint in the case provided away from sunlight.
7. Do not put your splint in hot water.
8. Your splint will need to be checked once a year. Please bring it to your regular check up appointments.
9. Keep your splint away from any pets. Dogs love chewing on the splint.

**Don't hesitate to contact one of our friendly staff at My Dentist at Cannon Hill on 39021023 should you have any further questions or concerns.**