

# What Not To Do:

Happy Dentists



**Do not** bite the splint into place. Use fingers to place the splint.



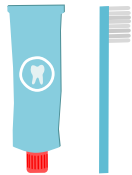
**Avoid** warm/hot water & direct sunlight



**Keep away** from pets especially dogs



**Do not** soak overnight. As you should be wearing the splint then.



**Do not** brush with abrasive toothpaste



**Do not** place in dishwasher



**Do not** forget to wear the splint. As this will affect the fit if left for long periods



If the Splint Breaks **do not** wear it. As this can be detrimental to your teeth. Contact us for an appointment.




**Do not** place splint in alcohol-based mouthwash or cleaning agents (like bleach)


If you have any problems or questions do not hesitate to call or message your dentist.



# What To Do



Inspect the splint daily for wear, tear & holes





Wear the splint every night for effective results.





Discomfort/tightness for the first couple of weeks is normal



If you have constant Jaw Pain longer than 2 wks contact us



Brush & floss your **teeth** before placing splint in



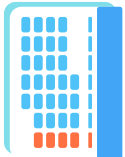
Clean tooth surface of **splint** with soft toothbrush & soap



Place splint in your mouth, try to leave for your entire sleep




Clean with soap & water. Store **DRY** in container




Recommended once a week

## Deep Cleaning:




2 tbsp White vinegar  
200ml Water

Soak splint for 15-30mins only



At the same time clean the case with soap & water



Place **DRY** splint in a **DRY** container

Other deep cleaning products: White vinegar, Baking soda & Polident splint cleaning. Follow Manufacture Instructions