

Occlusal Splint Information

An occlusal splint has been prescribed to you to prevent further damage from tooth grinding or clenching.

The effects of teeth grinding (Bruxism):

- Tooth wear, Chipped teeth
- Erosion of gums and supporting bone
- Gum recession with concavities at the root (abfractions)
- Broken fillings or other dental work
- Wear on temporomandibular joint (TMJ)

Symptoms to look for:

- Teeth grinding during sleep sometimes is very loud
- Jaw pain, headaches or earaches
- Contractions of facial muscles
- Sensitive teeth
- Teeth that look flat
- Abnormal alignments of teeth
- Tight contacts between teeth

The benefits in wearing Occlusal/Night Splints are:

- Preserve teeth, fillings and other dental work
- Preserve gum and supporting bone
- Prevent TMJ dysfunction
- Alleviate muscle pain or headaches
- Prevent movement of teeth

After receiving your splint, wear it nightly or as prescribed. Brush it daily with your toothbrush and occasionally soak in denture cleaner to keep it fresh. Bring your splint with you to each continuing care appointment so that Dr. Gordon can check the fit and wear patterns of the splint. Keep your splint out of reach from any pets.

If you have any concerns, please call us at (727) 724-4227. We care about you.