



ORAL MAXILLOFACIAL SURGERY

Dr. Robert Wagner MD, DMD, FRCD(C)
Dr. Christopher Ward MD, DMD, FRCD(C)

PROVINCIAL ORAL SURGERY

326 UNIVERSITY PARK DRIVE
REGINA SK S4V 0Y8
(306)359-7040
Email: staff@provincialoralsurgery.com
WWW.PROVINCIALORALSURGERY.COM

HOME CARE FOR FLAT PLANE SPLINTS/NIGHTGUARDS

Starting with a full night of splint wear can be a big change. To prevent any discomfort, you need to gradually work your way up to a full night of wear within the first two weeks.

Please follow these time frames:

Day 1: **Approximately 2 hours**; in the evening the day you get your splint

Day 2-7: **Approximately 4 hours**; Slowly increase to a full evening

Day 8-14: **Approximately 8-12 hours**; Slowly increase to a full night/sleep

- Try your best to get through the night during the second week, if you need to take it out in the middle of the night please do so, by day 14 you should be wearing it for a full night.

-If you find your splint to be tight the first few times of wearing it, run it under warm water for a few seconds before putting it in to make it more flexible. (**DO NOT** use hot water or have it in warm water for too long.)

FOLLOW UP APPOINTMENT

TMJ related issues can take up to 3 months to start noticing any improvement with wearing a splint.

- We will book a three month follow up at provincial oral surgery in regards to the fit of your flat plane splint / nightguard and discuss any improvement.
- If you find the bite has changed or feels off, please don't hesitate to come back earlier. You can call us at 306-359-7040 to book an appointment.

CLEANING INSTRUCTIONS

After wearing your splint, rinse it with water to ensure saliva does not build up in the splint

- Use a soft bristle toothbrush to gently brush inside the splint.
DO NOT USE TOOTHPASTE as it is very abrasive and will scratch the splint or make it cloudy.

Thoroughly clean your splint at least once a week, or if you notice there is lots of buildup or has a bad odor.

- Polydent retainer tablets are fantastic, place the tablet in a cup of warm water, and soak your splint in the solution for the recommended amount of time listed on the instructions. Then rinse under water and gently brush with a soft bristle toothbrush.
- Create a 50/50 solution of Listerine and warm water, soak the splint in the solution during the day, then rinse under water and gently brush with a soft bristle toothbrush.

ANY questions, please call our office, 306-359-7040