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Gentle Family Dental Care

INFORMATION ABOUT YOUR APPLIANCE:

Unless otherwise instructed you should wear the splint all the time except when eating and cleaning. The appliance is designed to give us information about the type of TMJ problems you may have.

ONE OF FOUR USUALLY HAPPENS DURING THE FIRST WEEK.

1. The symptoms get better
2. The symptoms get better for a while then get worse/
3. The symptoms will get worse
4. The symptoms will not change.

IF THE SYMPTOMS GET WORSE, CALL OUR OFFICE AFTER REMOVING THE APPLIANCE.

You will be given instructions on cleaning the appliance. You will also be given instructions on placement and removal of the appliance until you are comfortable with the process.

THE MOST COMMON WAYS A SPLINT IS LOST/BROKEN OR DAMAGED:

1. Eaten by a dog or cat.
2. Putting the appliance in your pocket
3. Putting the appliance in a napkin when eating in a restaurant
4. Taking the appliance out during the night
5. Improper removal or insertion of the appliance
6. Improper cleaning techniques

Most of the major adjustments will be done during the first few weeks. It will be necessary for you to return within 10 days from the placement of the splint.

REMEMBER.....YOU MUST HELP US HELP YOU BY KEEPING SCHEDULED APPOINTMENTS. VERY MINOR CHANGES COULD MAKE A MAJOR DIFFERENCE IN THE OVERALL OUTCOME OF THE CASE.

THE AVERAGE LENGTH OF TIME A PATIENT WEARS AN APPLIANCE COULD RANGE FROM SEVERAL WEEKS TO SEVERAL MONTHS,