



About Your Custom Orthotic Bitesplint

Many people begin bitesplint therapy to reduce tooth sensitivity or pain in their chewing muscles. Others know they are either grinding or clenching their teeth, have experienced broken teeth, or they suffer from frequent headaches. If you need any major restorative dentistry, we need to know where your bite is most comfortable before you commit to long-term restorations. There are many benefits of a precisely adjusted bitesplint. Your new appliance is most properly termed an orthotic – a device carefully designed and adjusted to work in harmony with muscles and joints.

An important feature of your bitesplint is that it is removable. If something hurts, or doesn't feel right, please take the splint out and call us at 847-272-1588. Whatever is out of harmony can be corrected. Comfort is critical to the success of bitesplint therapy.

Taking care of your bitesplint is easy. The material is a dense, hard, non-porous acrylic. Clean it with soap and water, toothpaste, or even commercial denture cleaners. You do not need to store it in water, but we have provided you with a plastic case for when you aren't wearing it. Be sure to keep your bitesplint out of the reach of pets, as dogs and cats love to chew on bitesplints.

Wear your bitesplint every night while you sleep, and as much time as you wish when you are awake. It will become more comfortable to talk with it in place as you get used to it, but your speech will always be affected to some degree. If you become aware of times during the day when you clench your teeth, such as while driving or when under stress, it is very helpful to have the bitesplint in place. One interesting test is for you to check your bite first thing in the morning. Take the splint out, stand up straight, and slowly close your teeth together noticing what touches first. It is unlikely that all your teeth will touch at the same time as they do when you are clenching or grinding. The difference between the two bites represents the extra muscle activity we are trying to minimize.

As the therapy continues and your symptoms go away, you can try going without the splint for a time. If the discomfort returns, we know that you need to continue therapy. If you are fine without the splint, then you can safely leave it aside whenever you want, having it available for those stressful times when you return to clenching or grinding your teeth.

Sometimes, even the most carefully adjusted bitesplint fails to reduce symptoms. When this happens, it means that the bite or the chewing muscle activity is not the source of the discomfort and other problems must be uncovered. Meanwhile, you have an excellent tool for use when under unusual stress.