

3DS PROTECT

3D PRINTED NYLON SPLINT



USER INSTRUCTIONS

Getting The Best Results From Your Splint

Congratulations on receiving your Protect splint. The Protect represents the latest in state of the art technology, and is made from 3D printed Nylon. This splint is thinner and more comfortable than previous generation materials yet is still long lasting and unbreakable in the mouth.

Bruxism

Many people clench and grind their teeth and are unaware that they do this. Damage to teeth and dental work from clenching and grinding mostly occurs during sleep. Clenching and grinding can also cause headaches and jaw pain. The Protect splint provides total protection from the destructive forces of clenching and grinding.

Adapting to your Splint

1. The vast majority of people fully adapt to their splint within three to seven days, to the extent where it is comfortable and unobtrusive in the mouth.
2. The mouth is a very sensitive part of the body. In the initial period of use you may notice an increase in saliva - the brain reacts as if it were food! This is a normal response and will diminish with continued use, as the body adapts.
3. In the initial period of adapting to your splint you may want to pop it in 30-60 minutes prior to sleep. If you wake through the night and wish to leave your appliance out, feel free to do so. For some people it is easier to build up use over the first week until it is comfortable in the mouth and can be worn throughout the night.
4. Some people wake and are surprised to find their splint out of their mouth and lying somewhere nearby. This usually does not mean that the splint is loose. It has been documented that in the first weeks of receiving a splint some people physically remove the splint from the mouth while asleep, and have no awareness of doing so. This usually soon disappears on adaptation.

Future dental treatment

If you require any dental work in the future, please take your splint with you so that your dentist can ensure that the shape of the teeth is not changed and the fit of the splint is not affected. The nylon material is thermoplastic which means that if required, your dentist can place the splint in hot water and adapt it to any new filling or restoration

Maintenance and home care

1. Always clean your teeth before putting the splint in your mouth.
2. Clean the splint after removal in the morning with a toothbrush and a plant based liquid hand wash. Weekly baths in a denture cleaning material (e.g. Polident / Steradent tablets) will help to keep it fresh and stain free. **Do not use very hot water.**
3. Regularly inspect your splint for any material degradation or cracks. Should you notice anything of concern please contact your dentist.
4. Beware of dogs - they love to chew dental splints!

Regular reviews

It is important that you have regular twelve monthly follow up visits in order to ensure the treatment remains successful and to evaluate the response of the teeth and the jaw joint. Regular follow up visits are also important to assess for the possibility of any bite changes, which can be an uncommon side effect