



3DS PROTECT USER INSTRUCTIONS



Getting the best results from your splint

Your new **3DS Protect** splint is made from 3D-printed vapour-polished nylon which is thinner and more comfortable than previous generation materials, and is long lasting.

Bruxism

Many people clench and grind their teeth and are unaware that they do this, as it mostly occurs during sleep. Clenching and grinding can damage teeth and dental work, and cause headaches and jaw pain.

The 3DS Protect splint helps protect your teeth from damage caused by clenching and grinding.

Adapting to your splint

1. Most people fully adapt to their splint within three to seven days, to the extent where it feels comfortable and unobtrusive in their mouth.
2. Initially, you may notice an increase in saliva, as the brain reacts as if it were food. This is a normal response and will diminish with continued use, as your body adapts.
3. Also in the initial period, you may want to insert it in 30-60 minutes prior to sleep. If you wake through the night and wish to remove your appliance, feel free to do so. For some, it's easier to build up use over the first week until it feels more comfortable and can be worn all-night.
4. Sometimes, people awaken in the middle of the night and are surprised to find their splint out of their mouth, lying nearby. This usually isn't due to a loose fit – rather, in the first weeks of receiving a splint, some unconsciously remove the appliance from their mouth while asleep. This habit typically stops once you've adjusted to wearing your new splint.

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 your 3D Sleep brush (or a toothbrush) and the 3D sleep daily cleaner. For weekly maintenance, we recommend using denture cleaning tablets in cold water to keep your appliance fresh and stain free for around 20 minutes for a deep clean.
3. Regularly inspect your splint for any material degradation or cracks. Should you notice anything of concern, please contact your dentist.

(P.S. Beware of dogs, they love to chew dental splints!)

Regular reviews

It's important to have regular twelve monthly follow up visits with your dentist to ensure your treatment is effective, and to monitor the response of your teeth and jaw joint.

Future dental treatment

If you need dental work in the future, we recommend taking your splint to your dental appointment so your dentist is aware that you use a splint and can plan your treatment accordingly.