



Splint care

PATIENT INFORMATION



Dear patient

for the longevity and permanent functionality of your splint we would like to give you helpful recommendations for the

- **application,**
- **cleaning** and
- **storage**

Please wear your splint

At night

Full day

Note

Your individual splint is designed for the long-term, regular use.

This can lead to visual changes for example due to wear and tear.

The regular inspection of your splint should be carried out by your dental practice.



Application

Before you insert the splint

- Brush your teeth
- Rinse your splint thoroughly with cold water



While wearing the splint

Do not consume any food or coloured or sugar containing drinks.
Do not smoke.

Optional for Splint Comfort splints

For a more comfortable intraoral insertion, it is recommended to warm the splint briefly in **lukewarm** water.



Cleaning

After intraoral use of the splint

Rinse the inside and outside of the splint under cold water.
Use a toothbrush and mild liquid soap for cleaning.
Rinse off the soap thoroughly.

Please avoid using the following substances for splint cleaning

- Abrasive cleaning agents, such as toothpaste
- Coloured liquids e.g. mouth rinsing solutions
- Household cleaner or abrasive cleaner
- Hot water
- Ultrasonic devices



Storage

If the splint is not worn, please store it in a dry place at room temperature and away from light.

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