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### **TMJ Occlusal Splint Appliance**

You have just received what we call a TMJ occlusal splint appliance. The splint has been adjusted to anatomically fit your bite. There are a few dos and don'ts regarding the splint that you should pay particular attention to. They are as follows:

- Do not eat with the splint in your mouth. This could cause it to break.
- Do not wear it in excess of 12-15 hours per day. Exceeding this amount of time could cause orthodontic changes in your bite. It is necessary to allow your teeth some "free" time so they can maintain their original position.
- Typically, you should wear the splint in the evening and while you are sleeping. After about 1-3 weeks of this regimen, most muscle pain should be diminishing. Depending on your progress, the regimen can be changed to give you the most benefit.
- Do clean the splint daily with a toothbrush and toothpaste. As with anything in the mouth, plaque and debris will accumulate on it.
- Do store the splint in the case provided. These splints can easily be lost (especially if wrapped in a napkin). The appliance can break if left unprotected.
- Often times, further adjustment will be required.
- Do not wear the splint if you develop new pain or your existing pain worsens. This is not a case of "no pain, no gain" rather it indicates that perhaps the splint needs further adjustment.
- *Do call us if you have any questions concerning the splint or your progress.*

**Dr. Levin and Staff**