



Occlusal Splints for Temporomandibular Disorders (TMD), Bruxism, or Clenching

1. **Purpose:** The purpose of this therapy is to influence your lower jaw to function freely and without pain. Many situations cause the malfunction of your lower jaw. Examples are accidents, surgery, developmental defects, oral habits, naturally occurring malocclusion, orthodontics, psychological stress, clenching, bruxing (grinding teeth), and other conditions.
2. **Rationale:** You have received a plastic bite splint (occlusal splint). This treatment has been used for many years to keep the teeth from contacting during chewing and to allow the lower jaw to return to a comfortable hinge position without interference and guidance from the teeth.
3. **Wearing Splints:**
 - **Bruxism and Clenching:** If your condition is bruxism (grinding of teeth) or clenching, you should wear your splint only at night when you cannot control your jaw movements. During the daytime, make sure your splint is placed in water to avoid warping.
4. **Cleaning Splint and Teeth:** Brush and rinse the inside and outside of the splint before placing it into your mouth. Dental decay can be stimulated if you are not careful about cleanliness of your mouth and splint.

If you have any questions please call the MIT Dental Service at 617-253-1501