

POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

MICHIGAN SPLINT AFTERCARE

1. CLEANING

Daily Cleaning: Rinse your Michigan splint with cold running water after each use. You can use a soft toothbrush, but no toothpaste or other cleaning product. Avoid using any abrasive product that can scratch the surface. Do not use hot water.

Deep Cleaning: Once a week, you can clean the splint more thoroughly by soaking it in a denture cleaner or a special retainer cleaner. Do not use any other chemicals or cleaning agents, and certainly not bleach.

Drying: After cleaning, the splint should never be very dry - store it in the box with a damp or moist tissue or cotton pad, and you can seal it in a zip lock bag, but also avoid having too much water in the bag.

2. STORAGE

Store in a Case: When not in use, keep the splint in a protective case to prevent it from getting damaged or lost. You can place the splint on the model also, which helps maintain the shape.

Avoid High Heat: Don't store it in places where it could be exposed to high temperatures (like in direct sunlight or near a heater), as this could warp the splint.

3. REGULAR INSPECTIONS

Check for Damage: Regularly inspect the splint for any cracks or signs of wear. If you notice any damage, get it repaired or replaced by your dentist to ensure it continues to provide proper support.

Fit: If you notice any discomfort or changes in the fit, visit your dentist to have the splint adjusted.

4. USE AND MAINTENANCE

Avoid Eating or Drinking: Don't wear your Michigan splint while eating or drinking (especially hot liquids), as this can cause damage or interfere with the fit. The chances of tooth decay and/or erosion of your teeth will increase substantially if you eat or drink with the splint in place.

Avoid Chewing Gum: This could cause strain on the splint and wear it down more quickly.

LOVE YOUR SMILE

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5. PROFESSIONAL CARE

Regular Checkups: It's important to see your dentist or orthodontist regularly to check how the splint is fitting and to ensure that it's still benefiting you.

Adjustments: Over time, your bite may change, and the splint might need adjustments or replacement. Your dentist will help with that.

With the right care, your Michigan splint can last a long time and continue to help with your oral health.

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