

POND SQUARE DENTAL

WHAT IS A MICHIGAN TYPE SPLINT?

A splint or a bite guard is a device that looks a little like a sports guard. It is made of hard, smooth, translucent acrylic. The splint keeps your teeth apart and prevents clenching or grinding of the teeth, in turn preventing tooth wear.

MICHIGAN TYPE SPLINT BENEFITS

- Has therapeutic value
- Long lasting
- It is designed to allow grinding without the adverse effects
- It is rigid, so stops teeth from moving and doubles up as an orthodontic retainer
- Relieves symptoms caused by grinding such as jaw joint issues, muscular pains and headaches



IS IT COMFORTABLE?

Though initially, a splint may not seem comfortable to use, people often report that they actually cannot get by without their splints.



WHAT IS THE PROCESS?

You will require two appointments two weeks apart, one for impressions / scans, and the second one for fitting, which can take up to an hour.

WHEN SHOULD I WEAR IT?

We suggest wearing it at night for maximum comfort, but you can wear it during the day as well.

HOW SHOULD I CLEAN IT?

- You can use a toothbrush and water to clean it daily.
- We suggest using a disinfecting denture cleaning solution at least once per week.
- Avoid washing it with extra hot water and do not boil it, as the plastic might melt.



LOVE YOUR SMILE

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