

Thermo-Splint®

For proper care of your appliance, please follow these simple guidelines:

- 1 It is **very important** to soften the appliance prior to placing it in your mouth. A hair dryer is ideal for this purpose. Hot water (150°) will also suffice, but tends to cloud the material.
- 2 Remove the appliance from your mouth by using equal pressure on both sides. This will minimize the chance of damage to the resilient portion of the appliance. If at any time you have problems removing the appliance, **do not force** it out. Hold warm water in your mouth for several minutes to soften the appliance.
- 3 Never allow the appliance near high temperatures.
- 4 Keep the appliance dry when not in use. A retainer case works nicely.
- 5 Before cleaning, harden the appliance under cold tap water. Brush with a soft brush and toothpaste, or soak in denture cleaner. **Do not soak in alcohol-based mouthwash.**
- 6 Should your splint become cloudy, it may be placed in a food dehydrator or set out on a counter throughout the day.

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How long should a Thermo-Splint last?

There is no typical life expectancy for a Thermo-Splint. In most cases, the Thermo-Splint is prescribed as a device meant to protect a patient's teeth by taking the brunt of bruxing abuse. In essence, one sacrifices the splint in place of the patient's natural dentition. Wearing holes in the splint is, therefore, an indication of the need to protect the teeth, not a manufacturing or materials defect. The type of Thermo-Splint material used and the wear habits of the patient vary, as will the longevity of the splint.

Simply stated, **a splint is meant to wear out** so your teeth won't. Consequently, the more you need it, the faster it wears out.