

University Dental Hospital of Manchester
Department of Restorative Dentistry

Information for Patients

Anterior Repositioning Splints

This is the splint of choice if it is determined that you are suffering from what is termed a '*disc displacement with reduction*.'

Put simply, this means a click occurs on opening of your jaw as a result of a displacement of the fibro-cartilage disc within your jaw joint. With the splint in place, when you close your teeth together, your lower jaw will come further forward than in your normal bite.

When you now open from and close to this position, the click will have disappeared as the cartilage disc is 'held into' its correct position.

Q When should I wear my splint?

A Once your splint has been fitted, you should wear it **24 hours a day**, this includes during sleeping and eating. Eating may prove difficult at first and so you may need to eat a softer diet than usual to begin with.

Q How long should I wear my splint?

A You should wear your splint **24 hours a day**, usually for a period of approximately **3 months**, until the providing dentist recommends you to stop. Failure to wear your splint continuously may result in an extended period of treatment or failure of the treatment.

Q How should I stop wearing my splint?

A You should begin to slowly wean yourself off your splint when it is recommended by your dentist – this is usually approximately 3 months after the splint has been fitted.

An example of a routine to wean yourself off your splint could be to leave it out for 12 hours (daytime) during the first week, 24 hours (day and night but not consecutive) during the second week etc. Should symptoms recur, it may be necessary to wean yourself off more

slowly. Once you have been weaned off your splint, you should not continue to wear it intermittently.

Q When will I be reviewed?

A Once your splint has been fitted, it is usual to be reviewed monthly for approximately 3 months and again 3 months after the last monthly review. It is important to attend these appointments as adjustments to your splint may be required.

Q How should I care for my splint?

A Cleaning

You should clean your splint daily, usually when you are brushing your teeth in the morning and evening, and also after meals to remove any debris. It can be cleaned with a toothbrush or denture brush and water.

General care

Make sure you keep your splint safe, in a rigid container like a soap box, to ensure it is not lost or broken, e.g. keep out of reach of children and pets! You may also find that you wake up in the morning to find you are not wearing your splint, should this be the case, ensure you don't step on it when getting out of bed!

Q What should I do if my splint breaks?

A If your splint breaks for any reason, do not continue to wear it and contact the providing dentist immediately so it can be repaired. Do not attempt to repair it yourself with glue.



This is an Anterior Repositioning Splint.



Above, is a patient with an Anterior Repositioning Splint in place.

If you have any queries about the information contained within this leaflet or any other aspects about your treatment please do not hesitate to contact us:

- Restorative First Floor: 0161 393 7734
- Restorative Ground Floor: 0161 393 7735

Monday to Friday 9.00am to 5.00pm

For out of hours emergencies please contact your local Accident and Emergency Department.