

Anterior Repositioning Splints

The splint you have been given is called Anterior Repositioning Splint. This is the splint of choice if you are suffering from what is termed a 'disc displacement with reduction' that is causing significant problems.

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 into this position, the click will have disappeared as the jawbone moves freely past the disc.

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, after which you should wean off it. 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 at the end of the treatment period – 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 in the months after, or sooner if there is a problem. 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.

Generalcare

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 hospital immediately so it can be repaired. Do not attempt to repair it yourself. There is a charge for lost splints set by the NHS



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.