

University Dental Hospital of Manchester
Department of Restorative Dentistry

Information for Patients

Stabilisation Splints

Information for patients with stabilisation splints

The aim of this splint is to give your jaw an ideal resting place and to protect you from any sleep bruxism (cleanching or grinding) that may be making your symptoms worse.

Q When should I wear my splint?

A Once your splint has been fitted you should wear it every night; it is not necessary to wear it during the day.

Q How long should I wear my splint?

A You should wear your splint every night, for a period of approximately 6 months. This period may be extended should your dentist feel it necessary.

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 6 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 one night in one week, then two nights (not consecutively) the week after etc, this will take around 6 weeks. Should symptoms recur, it may be necessary to wear it more frequently.

Q When will I be reviewed?

A Once your splint has been fitted, it is usual to be reviewed. 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 it is removed in the morning, for example, when you are brushing your teeth. It can be cleaned with a toothbrush or denture brush and water.

General care

Make sure you keep your splint safe, in a firm container like a soap box, to ensure it is not lost or broken, e.g. keep it 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 splints, 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 department so it can be repaired. Do not attempt to repair it yourself with glue.



A Stabilisation Splint in place with the Occlusal Markings in place.

There is a charge for lost splints set by the NHS.

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.