

Use of a bite splint – self-care instructions

Purpose of the bite splint

A bite splint is used to treat disorders of the temporomandibular joints and the masticatory muscles. Its primary purpose is to balance the bite, reduce the load on the temporomandibular joint area, and relax the masticatory muscles. In addition, the splint protects the teeth from wear caused by grinding.

Use of the bite splint

The splint is most commonly worn only at night, but in some cases it is also used during the day. It is important that you follow the instructions given by your dentist.

Initial difficulties

The splint may feel large at first and increase saliva production. The splint may also initially put pressure on an individual tooth. You can get used to the splint by putting it in your mouth about half an hour before going to bed. When you first start using the splint, you may accidentally bite your cheek or tongue. In the morning, when the bite splint is removed, your bite may not feel aligned straight away. This can be a natural result of the relaxation of the masticatory muscles.

Care of the bite splint

Maintain good oral hygiene. Always brush your teeth carefully before placing the splint in your mouth.

Clean the splint in the morning and evening under running water using a paste intended for splint cleaning and a toothbrush. Pharmacies sell disinfectant solutions or tablets that can be used to clean the splint 2–3 times a month. Soaking the splint in a diluted vinegar–water solution also removes deposits (2 dl water + 2 tablespoons of vinegar).

Store the splint either dry or moist (for example, in clean water or in paper towels soaked in water). NOTE: The splint may shrink if it is not used for a long time and has been stored dry. In such cases, a dentist's assistance is needed to refit the splint.

Remember to bring your bite splint with you when you visit the dentist!

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