The splint, with which you have been provided, is called an Anterior Repositioning Splint. 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.

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This is an Anterior Repositioning Splint.  
Above, is a patient with an Anterior Repositioning Splint in place.
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

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