

## TEMPORARY SPLINT INSTRUCTIONS

We have put together some instructions for you to follow after your Temporomandibular Joint injection. In order for the unlocking procedure to be successful a temporary splint will be made for you, and must be worn for a specific amount of time. If the temporary splint is not worn, and the instructions are not followed the articular disc may become displaced again, requiring additional joint injections. We recommend a full TMJ evaluation following successful joint unlocking.

The following is the wear schedule for the temporary splint.

1. You will be fitted with a temporary splint after the injection. This splint is only temporary and may not be extremely aesthetic; however it is necessary for the procedure to be successful.
2. The splint will need to be worn for four (4) days full time, including during meals. You may remove the splint for oral care, but be careful not to touch your teeth together, as this may cause the disc to displace again.
3. Day five (5) the splint may be taken out for meals, but continue to wear all day and night.
4. Day six (6) the splint will only need to be worn at night, at this point the joint may relock, if so the injection will need to be completed again.
5. After nightly wear of one week, you will need to return for a follow up evaluation.