



Oral, Facial & Implant Surgical Center of South Florida

Diplomates American Board of Oral & Maxillofacial Surgery

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INFORMATION CONCERNING TEMPOROMANDIBULAR JOINT SPLINTS

Often times the treatment of temporomandibular joint (TMJ) will involve the use of a device called a “SPLINT.” It is important to wear the Splint as instructed to maximize its therapeutic value. The information contained here should provide your answers to many of your questions about temporomandibular joint splints. If you have any further questions, please ask or call our office at **305-667-1191**.

WHAT IS THE REAL PURPOSE OF THE TEMPOROMANDIBULAR SPLINT?

Temporomandibular joint splint therapy is a very important part of your overall treatment plan. Splints allow your spastic jaw muscles to relax since they provide support to the muscles, bones, tendons and ligaments of the temporomandibular joint thus eliminating the “overload” or “stress” that has been directed to these areas. “

WHAT IS A TEMPOROMANDIBULAR JOINT SPLINT?

A temporomandibular joint splint often called a “night guard” is an oval, orthopedic device that is constructed of a strong, lightweight, tasteless, odorless, clear acrylic that usually (not always) fits over the surfaces of the upper teeth. It is hardly noticeable when it is being worn.

DO I HAVE TO WEAR TMJ SPLINTS 24 HOURS A DAY?

Your splint must be worn 24 hours a day, 7 days a week unless instructed otherwise. This allows the maximum therapeutic effect to take place. The splint should be removed for cleaning and eating.

WHAT WILL THE SPLINT FEEL LIKE WHEN IT IS IN MY MOUTH?

When your splint is initially inserted, it will probably feel “bulky” and a bit cumbersome. You may also notice and increase in the flow of your saliva for the first several days following insertion. At first, you may also experience some minor difficulty in speaking clearly.

Once accustomed to the splint and the support it provides, you will probably feel uncomfortable if it is removed from your mouth.

WILL I HAVE A TMJ SPLINT FOR THE DURATION OF MY THERAPY?

Yes, your splint will also have to be adjusted periodically in order to accommodate the chewing relationship that will take place between your upper and lower jaw as muscle relaxation occurs.



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WILL MY INSURANCE COVER THIS APPLIANCE?

Sometimes the TMJ splint is covered by medical insurance. We will have to verify your benefits and see if there is any copay. The fee for the splint includes the appliance and your first two visits for adjustments.

If you have additional questions regarding the temporomandibular joint splint or any other phase of your temporomandibular joint therapy, please ask your doctor.

If you have any questions or concerns, please call us at 305-667-1191

Thank you!