

## Wearing and caring for your Michigan Splint Appliance

### Michigan Splint

It is prescribed for patients suffering from tooth grinding or jaw clenching. This splint is tailor-made and customised to each individual's exact requirements. The splint is made from hard acrylic and fits normally over the upper teeth biting surface. As well as protecting the teeth from tooth wear and damage, it can help patients to minimise teeth clenching and grinding. In addition to these benefits, it can also protect teeth that have crowns or large fillings present from fracture. You will need a dedicated fitting and adjusting session with one of our clinicians.

### How does a Michigan Splint work?

The splint covers the biting surface of the teeth. While doing this, its design ensures that there is an even contact when the teeth come together. This reduces pressure build-up and can help improve jaw pain, headaches, mouth opening restriction and other symptoms associated with Temporomandibular Disorders (TMD). Muscle activity in the jaw can also be reduced when wearing the device. Splints need to be used for a minimum of three months. Wearing the splint does not make permanent changes to muscles or jaw.

### When to wear and maintain your splint?

- The splint is usually worn at night when sleeping. This is because many people clench or grind their teeth in their sleep without even knowing. It may feel tight initially, but this will improve with use.
- Ensure your teeth are very clean before fitting the appliance. If food or plaque is left under the appliance, you are at an increased risk of tooth decay or gum disease.
- Do not consume food or drink (other than water) once the splint is in place.
- Make sure you fit your appliance correctly, ensure it clicks securely over your teeth.
- In the morning remove your appliance: rinse under cold water: clean it thoroughly with a toothbrush and soap over a basin of water.
- Clean your appliance container.
- Do not use toothpaste or hot water as this can scratch or change the shape of the appliance.
- Store dry in a safe place- away from pets and children.
- Once a week place in mild sterilisation solution (e.g. Denture cleaner or baby bottle cleaning fluid) may be used once a week.

### What is the difference between a Michigan splint and a soft night-guard?

A soft night-guard is made from soft acrylic and is easier to manufacture and fitting. A Michigan splint is made from much harder acrylic and is less likely to be worn down. Is more complex to be constructed and needs a dedicated adjusting/fitting appointment with an experienced clinician. It might be prescribed when previously jaw discomfort got worse after using a soft splint.

## Who should I contact if I need some more help?

### Conquest Hospital:

Maxillofacial Unit - Tel: 0300 131 4500 Ext: 773208

### Eastbourne District General Hospital:

Maxillofacial and orthodontic Unit - Tel 0300 131 4500 Ext: 771757

## What happens if I lose or break my Michigan Splint?

You will be given a box to put them in if you are not wearing it. Unfortunately, if you lose the splint or you break it we will need to make you a new one and this will likely be with a charge.

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Other formats

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**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

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