

DR. TOMÁS HERNÁN

CLÍNICA DENTAL
MEDICINA ESTÉTICA

INSTRUCTIONS FOR HANDLING, CARE AND MAINTENANCE OF DISCHARGING OR DEPROGRAMMING PLATES OR SPLINTS DESCRIPTION

An occlusal unloading or deprogramming plate (or splint) is a custom-made treatment device that must be meticulously fitted on an ongoing basis by the dentist to diagnose and combat the complex pathology caused by, or accompanying, clenching habits and/or grinding of the teeth, as well as the neuromuscular overloads that these habits cause.

It consists of a plastic oral appliance that is installed in one of the dental arches to prevent teeth from coming into contact with each other, thus allowing:

- "Forget" the inappropriate mandibular positions to which the incorrect engagement of the teeth of both arches is forced when they are kept clenched (hence the deprogramming qualification given to them),
- Bring the jaw to a suitable joint position when biting on it, thanks to the special orientation of the surfaces of the plate on which the teeth rest when closing the mouth, and
- Avoid the wear of the teeth, since the plastic of the plate is softer and more wearable than these.
- It can also be used as an *ex juvantivo* diagnosis of craniomandibular joint dysfunction (also called Costen syndrome or temporomandibular pain-dysfunction), that is, as a means of finding out if a symptomatology is compatible with said pathology. It is caused or not by the mouth.

LIMITATIONS

This treatment does not "per se" prevent the habit of clenching or grinding the teeth, nor does it ensure the elimination of muscle tension or discomfort derived from craniomandibular joint dysfunction, although proper use will at least alleviate possible pain. muscles and will protect your teeth.

HANDLING, CARE AND MAINTENANCE INSTRUCTIONS

As it is a complex treatment, your collaboration is very important until it is fully adapted, which will require some time. In order to achieve proper functioning, you must carefully read the following Handling, Care and Maintenance Instructions, which will facilitate the use of this protection system for your dental and neuromuscular systems. adaptation and habituation

- At first:
 - You will notice a sensation of occupation or foreign body, which normally disappears in a few weeks.
 - The production of saliva will increase, although it will gradually normalize. • You will have some difficulties to speak, due to the occupation of space in your mouth, for which you will probably need training to learn to vocalize certain words; which is usually achieved in a few weeks.
 - You may notice some discomfort in the areas where the splint rests, especially at the height of the edges: if they increase or do not subside after four or five days, and if wounds form, contact us immediately.

HYGIENE RECOMMENDATIONS

Your plaque or splint should be kept clean, just like your teeth. Brush it after use with a brush and soap or toothpaste. Not doing so can cause it to acquire a bad smell and bad taste. At least every week, you should soak it in water to which you have added an effervescent denture cleaner tablet for 1-2 hours. Before putting it back on, clean it well with a brush and toothpaste. Placement and removal The discharge plate must be placed in place with the fingers and always wet. Never insert it and bite on it without being properly placed in its place, because it can fracture it or cause gum injuries. After removing it, pulling at the same time from both sides and also with your fingers, wash it and place it in a moist environment. Reviews and incidents.

The splint will need periodic adjustments and repairs. Go for a review with the frequency that we recommend in each consultation, and in no case let more than 6 months go by without us reviewing it. If you have not used your plate for a few days and when you put it back on you notice that it hurts, do not force its introduction:

Call us at the clinic at 915113521 and make an appointment, since some dental movement may have occurred that would require some correction.

ATTENTION!: Whenever a discomfort appears in the gums or teeth, you should notify the office and make an appointment, although at first, as these discomforts are normal, if they are not important, you can wait four or five days. But if, after this time has elapsed, they have not disappeared, or if they worsen as the days go by, you must notify us and make an appointment immediately. If a problem arises, do not try to solve it yourself: Ask us for an appointment. Do not let anyone but your dentist adapt your splint, since the doctor who has prescribed and adapted it is the only one who can do it.