

## The Carisbrooke Dental Practice

### Occlusal Splint Hygiene Advice Sheet

- 1. Brush the splint over a sink filled with water to prevent damage if it's dropped.**
- 2. Using white simple soap clean all aspects of the splint paying particular attention to the areas of the splint that rest against the gums and teeth.**
- 3. Rinse it off under running water again. Never leave the splint to dry out for prolonged periods of time or sitting in direct sunlight.**
- 4. Every other day soak the occlusal splint in water with Dentural for 20 minutes. Instead of Dentural, diluted Milton can be used.**