

# **ThermoSplint®**

## ***Custom Fit***

**For proper care of your appliance, please follow these simple guidelines:**

Brush daily during normal hygiene routine, using toothbrush, toothpaste and cool water.

For occasional deep cleaning, place your splint in a 5-minute bath in either of the following solutions:

1 teaspoon bleach and 1 cup water

1 teaspoon hydrogen peroxide and 1 cup water

Store in a cool, dry place.

Keep away from extremely hot surfaces (hot car, stove top, etc.)

***PLEASE NOTE: Dyes used in most mouthwashes can permanently discolor your appliance.***

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### **How long should a Thermo-Splint last?**

There is no typical life expectancy for a Thermo-Splint. In most cases, the Thermo-Splint is prescribed as a device meant to protect a patient's teeth by taking the brunt of bruxing abuse. In essence, one sacrifices the splint in place of the patient's natural dentition. Wearing holes in the splint is, therefore, an indication of the need to protect the teeth, not a manufacturing or materials defect. The type of Thermo-Splint material used and the wear habits of the patient vary, as will the longevity of the splint.

Simply stated, **a splint is meant to wear out** so your teeth won't. Consequently, the more you need it, the faster it wears out.