

Michigan Splint

The Michigan Splint is a removable appliance that covers the biting surface of the upper or lower jaw. The Michigan Splint is designed to reposition the jaw into a more optimal alignment and aims to relieve temporomandibular joint disorders, also known as TMD. It works by gradually adjusting or stabilising the position of the lower jaw to the most comfortable position to alleviate strain on the temporomandibular joint and surrounding muscles which then reduces symptoms such as jaw pain, clicking and limited movement.

What My Dentist Will Do

There are several stages in making a Michigan Splint:

- The dentist uses an intraoral scanner to scan your mouth. A dental technician then makes exact models of your upper and lower teeth and gums, which show how your teeth bite together.
- The dental laboratory will then construct a bespoke Michigan Splint and return it to your dentist so they can fit it for you.
- Your next visit will allow the dentist to fit the Michigan Splint and provide you with instructions on how to use it correctly.
- Your dentist may then choose to make a review appointment to check that the Michigan Splint is working correctly. At this appointment, the dentist may need to make some adjustments to maximise the benefits of the splint.

Using The Michigan Splint

- Usually, the Michigan Splint is worn at night as most people tend to grind their teeth whilst sleeping.
- Thoroughly clean your teeth and the splint before using.
- Do not consume food or any fluids other than water whilst the splint is worn.
- Ensure that the splint clicks securely over your teeth.
- Brush your splint with soap over a filled water basin in the morning.
- Do not use toothpaste to clean the splint as this can scratch it.
- Do not use warm/hot water to clean the splint as this will cause it to change shape and the splint won't fit any more.



- Place the splint in a mild sterilisation solution, such as denture cleaner or baby bottle steriliser, once a week.
- Always store the splint in a dry place, away from pets and children.

