

Types of Splints

Acrylic Splint

These are the most common and used for severe bruxing and TMJ disorders due to its hardness.

Astron Splint

This is a flexible acrylic splint used for severe bruxing and TMJ disorders and is flexible in warm water for better comfort than that of the hard splint.

Hard/Soft Splint

This is a laminate, with a soft inner laminate for comfort and a hard outer laminate for strength for grinding.

Gelb Splint

This splint is hard acrylic that only covers the posterior teeth and is connected by a lingual / palatal bar causing no contact on the anterior teeth for bruxing and TMJ disorders.

Farrar/Anterior repositioning Splint

This is an acrylic splint that pulls the lower jaw forward into its correct position which in some cases solves snoring problems and is mainly used for acute disc displacement.

Suckdown Splint

This is a thicker material (1.5mm) than a suckdown retainer and patients that need to wear a splint during the day, we usually supply this splint. It is not as thick as acrylic splint but will not be as noticeable for daytime wear.

Soft Splints-available in 2mm, 3mm, 4mm

These splints are definitely the most comfortable for the patient as they are like mouthguard material. They must just be made aware that they will grind through this a lot quicker due to its softness.

All of the above can be used for severe bruxing and TMJ disorders-it is just how long the material will last that is the issue. If the patient would prefer comfort or is required to wear it during the day, then the suckdown, soft or soft/hard splints will be best suited. If the patient will only be wearing it at night and longevity is important, then the harder splints would suite. They allow the muscles & ligaments to relax therefore ridding the facial muscles of tension.

It will be a process of elimination to determine which one would best be suited to the patients' needs and which one will solve their condition.