

# Clinical Techniques for Prescribing DAL COMFORT GUARDS



## WHAT'S NEEDED



Upper and lower alginate impressions



Open construction bite



Upper and lower models with open construction bites

Providing bruxing and clenching splints can be one of the most rewarding treatments in dentistry today. You will get your patients out of pain quickly and reduce further tooth destruction. These sparkling clear splints are available in soft or hard with a soft inner surface for extra comfort, and are designed to be the first step in the treatment of bruxism.

Comfort bite splints are manufactured on stone models using a 4 mm disc and a precise vacuum thermoforming unit with occlusal

device. The co-polyester disc is ISO medically approved for dental use. The occlusal imprinting device, Occluform, allows a splint to be produced with either a flat occlusal plane or slight opposing cusp indentation. After thermoforming, the splint is carefully contoured using carbide burs, then polished with felt wheels and acrylic polish for a smooth and comfortable fit. Cold-cure acrylics can be used to increase vertical dimension and will bond chemically with the co-polyester bite splint.

## CLINICAL TECHNIQUE - First Appointment



1. After diagnosis of bruxism, instruct the patient to close into centric relation to verify midline position and bite.
2. Place 2 cotton rolls behind the cuspids and instruct the patient to close until resistance is felt.
3. With patient closed into this open bite, inject bite registration into the posterior openings of both quadrants.



4. Inject bite registration material into the anterior opening to capture a complete open construction bite.



5. As an alternative technique, you can place softened wax over the posterior teeth and have the patient close to the desired 3 mm opening.

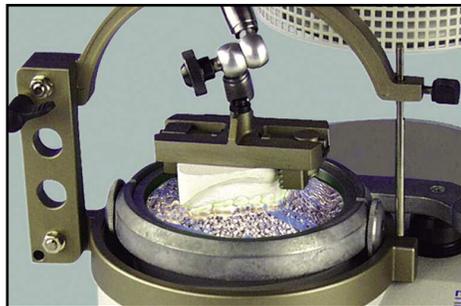


6. Take upper and lower alginate impressions that include all teeth and extend at least 3 mm past buccal gingival margins and 10 mm past lingual gingival margins.

## Fabrication of the Splint



7. Upper and lower models with bite mounted in place. Note open bite between anterior teeth.



8. The upper or lower model is used in the Erkoform-RVE to thermoform the splint and create the flat bite table.



9. After thermoforming, the splint is trimmed and polished with carbide burs, felt wheels, and acrylic polish.

## Second Appointment



10. Seat the splint and evaluate fit, retention, and occlusion. Adjust with carbide bur and polish if necessary.

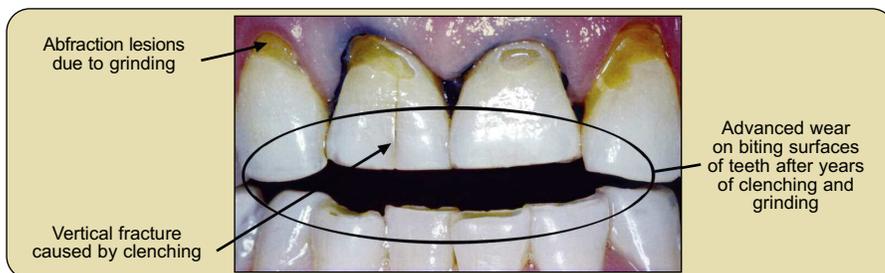


11. After completely seating the splint, check bite using marking tape to identify any premature occlusion.



12. Instruct the patient to care for their splint by rinsing with water after every use and storing dry.

## IDENTIFYING SIGNS OF BRUXISM AND CLENCHING



**Dental Arts Laboratories, Inc.**  
241 NE Perry Avenue, Peoria, IL 61603-3625  
[www.dentalartslab.com](http://www.dentalartslab.com)

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