

# PATIENT INSTRUCTIONS

Do **not** bite with your front teeth

Do cut your food into small pieces and chew on your back teeth

Do **not** bite your teeth together without your splint in place

Do wear your splint when eating and keep your teeth apart when brushing and flossing

Do **not** eat extremely hard foods like nuts or tough meat

Do maintain a good nutrition diet

Do **not** use tobacco products or drink large amounts of caffeine

Do tell your dentist if you find this restriction to be a problem

Do **not** open your mouth extremely wide

Do hold your teeth together when you yawn

Do **not** chew gum

Do allow your jaw to rest as much as possible