



## WEARING PAIN RELIEF SPLINTS

1. You must wear your appliance constantly, even during eating. Remove only to brush.
2. While your appliance is out of your mouth for cleaning, try not to touch your teeth together.
3. Your teeth may be sore as you adjust to the appliance. The appliance may feel tight at first, and some of your symptoms may be exaggerated. One possible side effect is that you may feel light-headed. This is because of the increased blood flow in affected areas. If symptoms or signs seem excessive, please call immediately.
4. After you are comfortable, stable, and symptom free for a few weeks, we will be ready to finalize your treatment with orthodontics [braces.]

### IF YOU ARE PRESCRIBED *IBUPROFEN*:

- q Be certain to use only over-the-counter **IBUPROFEN 200 mg, U.S.P.**
- q Take four [4] tablets at a time
- q Take them four [4] times a day .every six hours
- q Take them for four [4] days ...and stop
- q Take them for the prescribed time; don t quit because you feel better
- q Stop and call the office if you have stomach distress or other symptoms

### IF YOU ARE PRESCRIBED *MEDROL DOSEPACK*:

- q Take the tablets precisely according to package insert
- q Take them for the prescribed time; don t quit because you feel better
- q Stop and call the office if you have stomach or other symptoms.

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