ROSEVILLE SMILES

SERVICE CATALOG

Service Name **TMJ & Bite Splint**

ABOUT TMJ & BITE SPLINT

A TMJ splint is a custom-made oral appliance that helps correct the alignment of your jaw and reduce the strain on the TMJ. It gently guides your jaw into a more relaxed position, reducing pressure, inflammation, and pain. Most patients wear it at night, but in more severe cases, it may be used during the day as well.

WHAT IS A TMJ SPLINT?

TMJ Splint & Bite Splint:
Protect Your Smile. Relieve the Strain.

Hi there—welcome to Roseville Smiles!

If you've been waking up with jaw pain, tension headaches, or sensitive teeth, it might not just be stress—it could be related to your bite or jaw joint. That's where TMJ splints and bite splints come in. Let me walk you through what they are and how they can help.

What Is a TMJ Splint?

Your TMJ, or temporomandibular joint, is what connects your jaw to your skull. It's responsible for all the talking, chewing, and yawning you do every day. When this joint gets misaligned or overworked—due to grinding (bruxism), clenching, or an uneven bite—you can start to feel the effects in your jaw, head, neck, or even your ears.

A TMJ splint is a custom-made oral appliance that helps correct the alignment of your jaw and reduce the strain on the TMJ. It gently guides your jaw into a more relaxed position, reducing pressure, inflammation, and pain. Most patients wear it at night, but in more severe cases, it may be used during the day as well.

What Is a Bite Splint?

A bite splint (also called a night guard or occlusal splint) is another type of custom-fit appliance that focuses more on protecting your teeth from grinding and clenching—especially during sleep when you have implants or Veneers.

If you're unknowingly grinding your teeth at night (many patients do!), this splint acts as a cushion between your upper and lower teeth, preventing wear, fractures, and long-term damage. It can also help relax overactive jaw muscles and reduce the symptoms of bruxism.

What's the Difference?

Great question! While both appliances look similar and are worn over your teeth, the key difference lies in their purpose:

- A TMJ splint is therapeutic—it repositions the jaw and relieves pressure on the TMJ.
- A bite splint is protective—it prevents tooth damage from grinding or clenching.

Sometimes, we recommend one or both depending on your symptoms and diagnosis.

How Do We Get Started?

At Roseville Smiles, we start with a full evaluation of your bite and jaw. We'll talk about your symptoms, take digital scans or impressions, and determine the best type of splint for your needs.

Once your custom splint is ready, we'll make sure it fits perfectly and give you all the guidance you need to wear and care for it. Most patients start noticing relief within days to weeks of regular use.

Let's Take the Pressure Off

Living with jaw discomfort or tooth sensitivity doesn't have to be your normal. Whether it's TMJ pain, night-time grinding, or bite issues—we're

here to help you protect your smile and feel your best.

If you think a TMJ or bite splint might be right for you, let’s schedule a visit and take the first step toward relief.

We’re here for your smile—every step of the way.