

# QUICKSPLINT® INSTRUCTION BOOKLET



Created by OROFACIAL PAIN DOCTORS

## Speed2Treat®

### Head, Neck & Jaw Pain

- Relieves pain
- Promotes healing
- Ready in 5 minutes



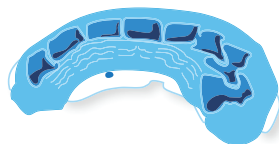
**BEFORE STARTING, WATCH  
"HOW TO MAKE A QUICKSPLINT"  
AT VIDEOS.SPEED2TREAT.COM**

### QuickSplint® Overnight Oral Splint

QuickSplint® is an overnight oral splint that helps relieve pain and encourage healing in people with orofacial muscle tension, discomfort, and/or headache.

Use of the splint should be implemented as soon as possible following injury. The splint should be worn at night for no longer than 6 weeks. You may need to consult with your dentist or physician for evaluation of your progress.

This booklet will show you step-by-step how to make your splint. Follow the Self-Care Measures provided below and start your path to healing.



### Indications for Use

The QuickSplint® Overnight Oral Splint, by design, is a transitional treatment that is for short-term use for relief of pain and to encourage proper healing of common head, neck and jaw trauma, including:

- Clenching and overuse of jaw and neck muscles and associated tension headaches.
- Mild cases of whiplash, headache and/or concussion from a motor-vehicle crash, sports-related injury or work-related injury.
- Blow to the jaw, chin lacerations, or slip-and-fall accidents.
- Flare-ups of existing head, neck or TMJ musculoskeletal disorders.
- Accidental or prolonged stretching of the temporomandibular joints (TMJ), ligaments and/or muscles of mastication caused by events such as biting into something hard or large, yawning, or from procedures such as intubation, general anesthesia or extensive dental procedures.

### Disclaimer

The QuickSplint® Overnight Oral Splint may not be suitable for all people. It is designed for nighttime use for no longer than 6 weeks.

### Warnings

- The QuickSplint® Overnight Oral Splint SHOULD NOT be fit over broken or loose teeth.
- The QuickSplint® Overnight Oral Splint is NOT DESIGNED for continuous wear (24 hours/day).
- Ensure the QuickSplint® Overnight Oral Splint has a stable fit with adequate retention to prevent dislodging or loss during use.

### Contradictions

Known allergies to Vinyl Polysiloxane.

### Use of Gloves

Non-powdered nitrile or vinyl gloves only.

### In the event you make a mistake mixing and placing the putty

into the QuickSplint® tray on your first try, use the remaining putty in your Putty Pak to remake the QuickSplint. Simply pull out the putty from your first attempt.

### Follow the HEALS Self-Care Measures

Self-care is an important component of your recovery process. For head, neck and jaw injuries, follow the "HEALS" Self-Care measures daily.

**H** EAT/COLD

**E** XERCISES

**A** NALGESICS

**L**IFESTYLE

**S** TRAIN

*"I wore my QuickSplint every night and followed the self-care measures for a full 4 weeks. My jaw and neck pain are now gone. Thanks QuickSplint!"*

— Maureen S., QuickSplint® Customer

### HEAT/COLD

Applications of heat and/or ice up to six times per day can relax the jaw and neck muscles and reduce pain. In the first 24 hours, cold is generally used to control swelling. After 24 hours, alternate hot and cold.

### EXERCISES

Perform gentle jaw exercises and stretching six times per day to restore function and range of motion. View video demonstrations at [Videos.Speed2Treat.com](https://Videos.Speed2Treat.com).

### ANALGESICS

Using anti-inflammatory and pain reducing medications to reduce joint and muscle pain and help improve jaw function. Wear your QuickSplint® Oral Splint every night.

### LIFESTYLE

Make positive choices to promote healing:

- Eat a soft diet and chew food evenly on both sides.
- Be mindful of proper resting tongue position and maintaining a relaxed jaw through the day.
- Avoid stimulating activities in the late evening including computer work and exercise.
- Get a good night's sleep.

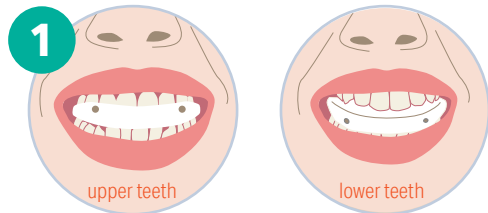
### STRAIN

Reduce muscle-tensing habits and activities that put strain on the jaw joint or jaw muscles such as:

- Clenching and grinding your teeth.
- Eating or biting hard or chewy foods.
- Chewing gum.
- Resting your jaw on your hand.
- Straining the jaw when playing a musical instrument.
- Opening your mouth too wide or too long.
- Overuse of jaw for any reason.

For more detailed information watch the videos about the HEALS Self-Care Measures at: [Videos.Speed2Treat.com](https://Videos.Speed2Treat.com)

Instructions to make splint on reverse side

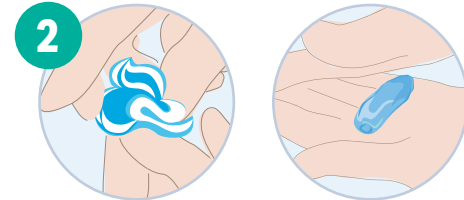


## 1 Select upper or lower teeth for splint wear

Prior to mixing the putty, determine if you are comfortable wearing the splint on your upper or lower teeth. Simply place the tray on your upper teeth, then your lower teeth, and decide which position feels better.

The most comfortable position is usually the best. Whether you choose to wear the splint on your upper or lower teeth, the putty will customize the fit of the splint for you.

**! READ ALL INSTRUCTIONS BEFORE PROCEEDING PUTTY WILL SET IN 2 MINUTES.**

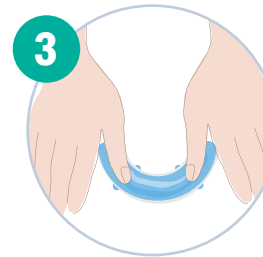


## 2 Mix and shape putty

To mix the putty, remove 1/2 of the white putty and 1/2 of the purple putty from the Putty Pak. Knead them together until the putty is a solid color (streak-free).

**Divide the mixed putty in half.** Set one half aside and use the palms of your hands to roll and shape the other half into a cylinder approx. 2 inches (5 cm) in length.

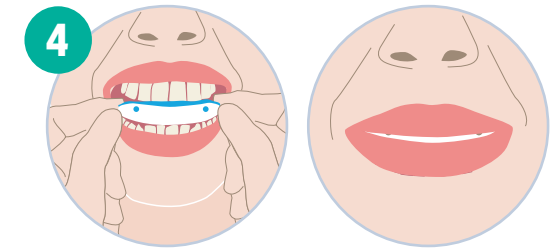
Make putty cylinder 2 inches (5 cm)



## 3 Place putty into tray and fill retention holes

Push the putty cylinder down firmly into the QuickSplint® tray making sure that putty fills the retention holes. Pinch off any excess putty at each end. Think of it as making a big pillow to bite down on.

*Note: close the lid on the Putty Pak. This putty can be used so long as you keep the white and the purple putty from mixing*



## 4 Make your impression

Align the QuickSplint® on your teeth. Bite down completely into the putty-filled tray. Holding with your teeth, close your lips over the splint.

For wear on your upper teeth, use your tongue to push the putty up onto the roof of your mouth. For lower teeth, use your tongue to push putty against the back of your lower teeth.

When the extra putty has hardened, you are ready for the next step.



## 5 Gently remove completed splint

After the putty hardens gently remove the newly formed splint from your teeth with both hands. You may have to rock the tray gently from side to side to loosen.

Practice putting the splint on and taking it off 2 times with both hands.

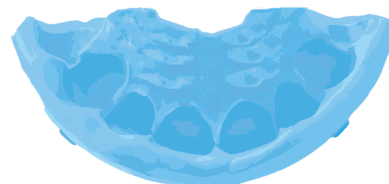
If it feels like the putty is not locked into the tray, you can pull the putty out of the tray and remake the splint with the extra material remaining in the putty pack.

## Your QuickSplint® Overnight Oral Splint is ready to wear

Your custom splint is ready for overnight wear. When not wearing your splint, keep it in the plastic container provided.

If your tongue or lips are sensitive to the putty, go to the Speed2Treat.com website for recommendations on trimming excess putty.

You may experience mild soreness or discomfort in your jaw or teeth initially. If discomfort persists, stop wearing and contact your dentist or physician.



## Daily cleaning

Rinse thoroughly under tap water and dry the splint by shaking the excess water from the surface and allow to air dry. When needed, clean your QuickSplint® Overnight Oral Splint with an ultra-soft toothbrush or by gently washing with water. You may periodically freshen your splint by rinsing in a half and half mixture of mouthwash and water for ten minutes.

## We can help

If you are having problems fitting or adjusting to your QuickSplint, please call 1-800-760-0526 or email [care@speed2treat.com](mailto:care@speed2treat.com)



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# Speed2Treat®

## Head, Neck & Jaw Pain

Learn more at [Speed2Treat.com](http://Speed2Treat.com)

The Speed2Treat® Home Healing Kit and the QuickSplint® Overnight Oral Splint are distributed by:  
 Orofacial Therapeutics LP  
 6824 El Cajon Blvd.  
 San Diego, CA 92115  
 1-800-760-0526  
[www.Speed2Treat.com](http://www.Speed2Treat.com)

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