

# ComfiFit

## guidance splints

### SPLINT CARE

To insure the splint lasts well and stays hygienic we recommend the following;

- ✓ Brush your splint daily after use using a soft toothbrush and mild detergent.
- ✓ Allow to dry before storing in an appliance container.
- ✓ To refresh your splint you may soak the splint in a glass of water with a small capful of mouth wash for a few minutes (less than 5 minutes).
  
- ✗ DO NOT use chemical cleaners such as denture cleaning tablets or toothpaste containing sodium bicarbonate.
- ✗ DO NOT leave the splint for long periods in any solution (including water).
- ✗ DO NOT boil or use heat to sterilise.
- ✗ DO NOT leave in direct sunlight