



Post Unlocking Procedure Patient Instructions

- For the remainder of today after your procedure, check your opening every ten minutes to assure that you are still unlocked.
- Wear your temporary splint full-time until receiving your final orthotics. FAILURE TO WEAR THE TEMPORARY SPLINT AS INSTRUCTED WILL GREATLY INCREASE THE RISK OF YOUR JAW LOCKING AGAIN.
- Stay on a soft diet for the next four days, and then slowly start eating normal foods.
- Use ice/moist heat therapy as instructed below (as needed).
- Call our office the day after your procedure to inform us of your status.
- Return for a follow-up visit in one week for re-evaluation.
- Please bring the temporary splint with you to your follow up appointment.

EMA Sleep Appliance

- If you were fit with an EMA appliance you will use this appliance while sleeping instead of the temporary splint. If you are provided with an EMA appliance, wearing an appliance while sleeping is critical. Failure to do so will greatly increase the risk of your jaw locking again.
- After weaning from the use of the temporary splint you may continue to wear the EMA while sleeping.
- Please bring it with you for any follow up appointments.