

# Easy clear bruxing splint with Versacryl retention

**V**ERSACRYL is a heat-sensitive, multi-purpose acrylic with many applications in dental prosthetics.

This short article explains how to make a clear bruxing splint utilising Versacryl retention. Here are 11 good reasons why:

1. No duplicate model necessary;
2. No clasping necessary;
3. Close fit every time;
4. Adjustable - if a patient does not wear a splint for a week or two, a conventional splint places pressure on the teeth (due

to tooth movement). Versacryl can be warmed to refit;

5. Repairable;
6. Simple construction techniques;
7. Can be done in either heat or self cure;
8. Soft/hard materials tend to smell after a few weeks;
9. Stronger appliances - you select where you want the soft to be. Not over the occlusal where strength is required;
10. Can be relined; and
11. No vacuum forming unit is necessary.

## Heat cure/self cure flask process method:

1. Wax up as per usual with occlusal indentations.
2. Flask, boil out and separate.
3. Place Versacryl into undercuts, palatal, lingual and let stand 20 to 30 minutes.
4. Mix acrylic either heat or self cure.
5. Prime Versacryl retention with hard liquid and pack acrylic (before snap stage).
6. Process and trim in the usual manner.

## Heat/self cure flasking method



Figures 1 and 2. Splint extensions outlined, undercuts indicated left and right side.



Figure 3. Model bases indexed.



Figure 4. Wax up cross section using Ultimate Perfect palate wax 3mm thickness.



Figure 5. Splint flasked.



Figure 6. Versacryl retention points placed on palatal surfaces.



Figure 7. Prime Versacryl with Hardener Liquid.



Figure 8. Pack with Heat/Self cure clear Sledgehammer acrylic and process.



Figure 9. Finished case.



Figure 10. In situ.

**Self cure salt and pepper technique:**

1. Index the model base, articulate and establish vertical dimension.
2. Place the model into hot water, dry, then separate, and let cool.
3. Place Versacryl on palatal surfaces of the model and leave for 1 minute.
4. Mix some self cure and smear onto Versacryl Retention Points.
5. Salt and pepper away, then place into hydroflask.
6. Remove from hydroflask and grind in the occlusion.
7. Place the articulation back into warm water (5 mins) to remove the splint.
8. Relieve gingival and trim to fit. A little firm on the model, should be fine in the mouth.

**Salt and pepper technique**



Figure 11. Soak and separate articulated model - apply Versacryl to palatal surfaces.



Figure 12. Mix Sledgehammer self cure clear acrylic and smear some onto the Versacryl retention points.



Figure 13. Salt and pepper away, and place case into the hydroflask. Finish.

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