3D-Printed vs Conventional Acrylic Stabilization Splints in Young Adults With Bruxism and Temporomandibular Disorders: A Randomized Trial

NCT07433725

Status	RECRUITING
Phase	Not Applicable
Sponsor	Baskent University
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (3)

- Adults (e18 years) diagnosed with bruxism (sleep and/or awake bruxism) based on clinical assessment and patient report.
- Indication for an occlusal splint and willingness to wear the splint during sleep for 3 months.
- Ability to provide written informed consent and to attend scheduled follow-up visits.

Exclusion (5)

- Current or recent use of an occlusal splint within the last 6 months.
- Ongoing orthodontic treatment or planned major dental treatment during the study period that could affect occlusion.
- Severe temporomandibular disorder requiring active treatment (e.g., acute pain, limited mouth opening) or other conditions that could contraindicate splint use.
- Extensive untreated dental disease requiring immediate care (e.g., severe periodontal disease, multiple untreated caries).
- Systemic/neurologic conditions or medications that may significantly affect bruxism or neuromuscular function (as judged by the investigator).

Locations (1 total)

Ba_kent University, Faculty of Dentistry, Ankara, Turkey (Türkiye)