



• **MASCOT** •

A CARING APPROACH TO YOUR DENTAL HEALTH

Caring for a night-Guard, Bite-Splint or Night Tray

- Ensure that you have thoroughly cleaned your teeth and gums prior to fitting your splint.
- It is best to wear your splint at night, especially while you are sleeping.
- You should wear your splint every night, but do not wear it for more than 14 hours a day.
- In the morning, clean your splint and keep it moist in an antiseptic-filled container.
- Schedule a review appointment in 1 to 2 months' time.
- Always bring your splint with you when visiting your Dentist.
- When using a *custom* tray or *bleaching* tray, thoroughly clean the tray after each and every use.

You may experience some discomfort during the first few days. This should settle down as you become used to your appliance. If you develop any sore spots, please do not hesitate to contact the surgery.

Please feel free to contact your Dentist at any stage if you have questions.

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