



## Mouthguard Care Instructions

-**Rinse** with cool or luke warm water after use is usually all that is required to keep the mouthguard clean. If the mouthguard appears visibly soiled toothbrush with liquid hand soap and rinse thoroughly.

-Always allow your mouthguard to be **air dried** after cleaning to avoid stagnant water and moulding.

-**Inspect** your mouthguard regularly to ensure it maintains it's original condition for the best protection.

**-Avoid:**

- Leaving mouthguard in direct sunlight or areas of extreme heat.
- Biting on the sides of the mouthguard, this can damage and reduce the protection.
- Rinsing with hot water.
- Storing mouthguard without allowing full drying.

For **adults**, bring your mouthguard to your preventive care dental appointment annually to ensure the fit and condition continue to offer the best protection. With care, your mouthguard will likely last 1-2 years.

For **children**, bring your mouthguard to your preventive care dental appointment every 6 months (or earlier) to make adjustments for changing dentition. Children usually require a new mouthguard yearly to accommodate the change from baby teeth to adult teeth.

If you have any concerns with your custom made mouthguard, please contact the surgery on (02) 4332 2581



Where Patients Are People First

## **Pola day/night Professional At Home Whitening Instructions**

Custom-made bleaching trays are made specifically for your dentition and whitening needs.

-**Always** brush and floss your teeth prior to inserting whitening trays.

-**Avoid** heavily coloured foods and drinks during your whitening course.  
i.e curries, smoking, strong dark coffee.

Your bleaching material is .....

1. Place a matchstick head amount of whitening gel into each tooth compartment towards to front of the tray. This area will correspond to the front surface of the tooth.
2. Place the tray into your mouth and allow the material to smear over the front surface of the teeth.
3. Wipe away any excess gel with your finger from the around the gum to avoid irritation.
4. Wear the trays for ..... mins each day for 2 weeks.

**NOTE:** The teeth will feels cold sensitive directly after whitening. Products available to reduce this include **sensodyne** toothpaste and **tooth mousse**. If sensitivity is severe, shorten the whitening time by half or extend the whitening course and use material only every second day. **Do not use Colgate Pro-relief sensitive toothpaste during or before the whitening course.**

5. Rinse your mouth with luke warm water and gently brush away the excess gel with water and toothbrush. Also, brush the excess gel away from the tray.
6. Allow trays to air dry.

If you have any concerns during the whitening process, please contact the surgery on (02) 4332 2581.