

MOUTHGUARD CARE

Your custom mouthguard is rubber thermoformed shield made by experienced dental technicians, thus guaranteeing the perfect fit, comfort and protection needed for your active lifestyle. It is an excellent investment in your oral health.

DO'S

- Brush and floss your teeth before wearing your mouthguard.
- Rinse your mouthguard with water before and after each use.
- After each use wash your mouthguard with warm- NOT HOT-soapy water. Rinse thoroughly.
- Keep your mouthguard in a well ventilated, plastic storage box when not in use.
- Replace your mouthguard if it is damaged.
- We recommend that mouthguards be replaced every year if your kids are under the age of 18.

DONT'S

- Do not chew on your mouthguard. This will only distort and damage it.
- Never throw your mouthguard in with your dirty, sweaty gear.
- Do not leave your mouthguard in direct sunlight or near a heat source.
- Do not use hot or boiling water to clean your mouthguard and no toothpaste.
- Never share your own mouthguard and do not let others handle yours.
- Do not attempt to change the fit of your mouthguard, your dentist will sort this out for you.