



Mouthguard Care Instructions

- Clean your mouthguard after every use with a toothbrush, toothpaste and cold water.
- Don't use hot water for cleaning or soaking, as it will change the shape of the mouthguard.
- If you are not wearing your mouthguard, put it in the mouthguard box provided.
- Mouthguards that get put in pockets/bags or wrapped in tissues or napkins get lost or thrown out by accident.
- Soaking your mouthguard in a half a denture cleaning tablet such as Steradent or Polident (available from supermarkets or chemists) with 250mL of water once a week will keep it from becoming smelly. Alternately you can use Puredent Spray (available at some chemists), once a week. Soak for 3min only.
- It's a good idea to take your mouthguard to all your check up appointments so your dentist can make sure it still fits properly.

