

MOUTHGUARD CARE RECOMMENDATIONS

This custom fitted mouthguard has been made specifically for your mouth according to the dental record that has been taken by your dentist or dental professional.

- 1** Your mouthguard should be worn during training as well as on game days, dental injuries frequently occur in training. A custom fitted mouthguard is your best possible protection from sports related dental injury, not all injuries are avoidable even with the use of a mouthguard.
- 2** Always remove retainers, removable appliances or dentures before inserting your mouthguard. These items may break under impact and increase injury risk.
- 3** Rinse your mouthguard in cold water before inserting.
- 4** Clean your mouthguard after each use with liquid soap and a soft toothbrush. Toothpaste is abrasive and will damage your mouthguard.
- 5** Mouthguards will wear with frequent use. It is important to check the condition of your mouthguard regularly. Check for holes, tears, changes in fit or areas that may irritate your mouth. Your mouthguard may need to be adjusted or replaced to ensure effective protection.
- 6** Always bring your Mouthguard to appointments with your Dentist.
- 7** We recommend you avoid the following:
 - Chewing** Chewing can break or tear your mouthguard.
 - Hot water** Hot or boiling water can warp your mouthguard.
 - Hot weather** Do not leave your mouthguard in a hot car as it will distort in the heat.
 - Pets** Most pets love mouthguards. Unfortunately, they can easily break them.

*Children lose and grow new teeth, this can change the fit and comfort of the mouthguard. Children's mouthguards will need to be adjusted occasionally to maintain function and it is recommended that they are replaced at the beginning of each new season of sport.