**HOME CARE FOR MOUTHGUARDS**

* Clean your mouthguard after each use, using cold water with a toothbrush

(as using hot water will change the shape of the mouthguard)

* Soaking your mouthguard in a cleaning tablet such as steradent / polident in a cup of water once a week (this will keep it from becoming smelly)
* If you are not wearing your mouthguard place it in the box provided (mouthguards that get put in pockets, bags or wrapped in tissues - get lost or thrown out by accident)
* It’s a good idea to take your mouthguard to all your check up appointment so it can be checked to make sure it still fits properly

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