

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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