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Mouthguard Maintenance Instructions

Do's

- Keep your mouthguard clean by brushing with a soft toothbrush and cold water
- Dry your mouthguard thoroughly before storing in the case
- Store your mouthguard at room temperature or in the fridge

Dont's

- Don't use hot water to clean or rinse your mouthguard
- Don't place in the sun or an area with high temperature
- Don't chew on your mouthguard as this can alter the fit

Points to remember

- Your mouthguard has been custom made for your teeth only
- If your mouthguard is loose or slips it needs to be inspected by your dentist as it is not effective
- Always clean your mouthguard before storing it and rinse in cold water before inserting it in your mouth

Using your mouthguard

- Insert your mouthguard by sliding it into the mouth and push it upwards to cover your upper teeth. It should fit firmly and feel snug over the teeth
- When removing the mouthguard, using your finger on the side of the mouth, pull down on one side to break the suction and pull forward