

Caring For Your Sports Mouthguard

Thank you for choosing us for your dental needs. Your mouthguard has been carefully designed and constructed to fit your mouth perfectly to protect your teeth from any knocks. Here are some instructions on use and tips to look after your mouthguard so that you can get the most out of it.

1. Wear your mouthguard during every game / match.
2. If training is physical, it is important to also wear your mouthguard during training.
3. Brush your mouthguard with warm soapy water and a soft bristle toothbrush.
4. Store your mouthguard in the case provided by your dentist and away from sunlight.
5. Do not soak your mouthguard in hot water.
6. If your mouth guard doesn't feel like it is fitting perfectly, please let your dentist know. It is very important that the mouthguard is fitting 100% and is comfortable to wear.
7. Your mouthguard will need to be check once a year. Please bring it to your regular check-up appointments
8. Keep your mouthguard away from any pets. Dogs love chewing on mouthguards.

Don't hesitate to contact one of our friendly staff at My Dentist at Cannon Hill on 39021023 should you have any further questions or concerns.