

MOUTH GUARD CARE AND MAINTENANCE

These simple steps will help you care for your mouth guard to help it last longer:

- Brush and floss your teeth before wearing your mouth guard.
 - Rinse your mouth guard well directly before, and then directly after each use.
 - Avoid chewing on your mouth guard. Chewing may distort the mouth guard and weaken the effectiveness of the laminated material.
 - Keep your mouth guard clean. Don't throw it in your bag, uncovered, amongst dirty, sweaty sports gear. Store the mouth guard in its own hygienic rigid and ventilated plastic case, so that it remains clean when placed in your mouth.
 - After wearing your mouth guard, when you get home, clean it with cool water and soap and brush it with your toothbrush. This will remove the bacterial film transferred from your mouth during usage.
- Follow by rinsing the mouth guard with an anti bacterial mouth rinse or specific mouth guard or denture cleaner (available at our practice). Don't forget to clean the storage case too!
- Keep your mouth guard out of direct sunlight and don't leave it in a hot car, as mouth guards will distort in high temperatures.
 - Do not let others use it.
 - Have your mouth guard assessed by Dr. Maria at our practice, at the beginning of each sports season. Custom fitted mouth guards generally last a year or more.
 - If your mouth guard becomes loose, feels too tight or causes you any discomfort, don't try to change the fit of your mouth guard yourself, have Dr. Maria adjust it for you.
 - Replace your mouth guard as soon as possible if it gets damaged, so you continue to be protected by a top quality guard.