

Sports Mouth Guard

Please follow the advice outlined below to ensure you get the most out of your appliance.

- Ensure that your mouthguard fits correctly and comfortably and is only used by you.
- Advise your coach or manager that you will be using the mouthguard.
- Your mouthguard should be cleaned after every use with lukewarm water and soap. Ensure that the water is not hot, as it will; otherwise risk distorting the fit of your mouthguard.
- Store your mouthguard out of the sunlight in a dry clean environment, preferably in a ventilated container.
- If you find that your mouthguard doesn't fit accurately, is irritating your gums, is damaged or there has been a change in your dentition, stop wearing it and visit us to arrange a replacement.