



Looking after your mouthguard

Care instructions for your custom made mouthguard:

- Your custom made mouthguard has been manufactured for the sole use of the named player.
- Following receipt of your mouthguard, only an experienced member of the dental team should undertake any required adjustments. Therefore, if you have any problems with your mouthguard please make a short appointment to see your dentist.
- Only wash your mouthguard in lukewarm soapy water.
- Do not subject your mouthguard to extremities of temperature.
- Do not store it in direct sunlight.
- If your mouth absorbs a blow whilst wearing it, it should be replaced.
- If your dental anatomy undergoes any major changes, i.e. having a crown or bridge fitted or major orthodontic treatment, then a new mouthguard will be required.

Please remember as your shorts go into the washing machine make sure that your mouthguard is not in one of the pockets! Experience shows that they don't like to be boiled!