

Smile with confidence

Caring for a Mouth Guard

- *Your* mouth guard is custom made to fit you and *only you*.
- *Always* wear your mouth guard during the game *and* training.
- Store your mouth guard in a *cool* place at all times. Direct heat will cause the mouth guard to lose its shape and function, therefore, never in the car.
- *Always* bring your mouth guard with you when you come in for an appointment.
- Schedule a follow up appointment with your Dentist after 6 months from the date of issue.

Always keep your mouth guard in its container when you are not using it.

Please feel free to contact your Dentist at any stage if you have questions.