Mouthguard Customer Care Instructions

"According to the **Academy of General Dentistry**, mouthguards are porous, which means they provide great places for bacterial plaque and food debris to hide. It is like re-using uncleaned silverware or an old toothbrush! If not cleaned regularly, mouthguards can increase your risk of gum disease and infection. By thoroughly cleaning your mouthguard after every use, you can remove bacterial plaque and food debris and prevent this from occurring again." (Colgate)

Colgate Dentistry Mouth Guard Cleaning Instructions

"The **American Dental Association** recommends cleaning a mouthguard by brushing it with a toothbrush and toothpaste similar to how you brush your teeth. Ensure you brush every nook and cranny. Then rinse with cool water to remove any bacterial plaque and food debris. You can talk to your dental hygienist about bringing your mouthguard with you to your appointment. They may have further tips or can sanitize it for you. Lastly, ensure you store your mouthguard in its vented container after cleaning so that it can dry completely."

Ultrasonic Retainer Cleaner (Amazon) This is a great affordable example of a professional sanitizer.

Mouthguard Care and Replacement

Contact us within 12 months to determine if you need a guard replacement but replace it immediately if it shows sign of wear, is damaged or ill fitting.

Teens and children may need to replace their mouthguards more often because their mouths are still growing and changing.

• Between games, it is important to keep your mouthguard clean and dry. Here are some tips for making sure your mouthguard is always ready to go:

• Rinse before and after each use or brush with a toothbrush and toothpaste.

• Regularly clean the mouthguard in cool, soapy water. Then, rinse it thoroughly.

• During your regular dental checkups, bring your mouthguard for an evaluation. Your dentist may also be able to give it thorough cleaning.

• Store and transport the mouthguard in a sturdy container that has vents so it can dry and keep bacteria from growing.

• **Never leave the mouthguard in the sun or in hot water.**

Your mouthguard makes a great chew toy for family pets. Be sure to store your mouthguard and case somewhere your pet cannot get to it.