

## THE WEAR AND CARE OF YOUR MOUTHGUARD

A mouthguard is a vital piece of sporting equipment and can help in the prevention of serious and permanent injury, but only if worn correctly. To wear your mouthguard properly, you must follow these guidelines:

### 1) WEARING THE MOUTHGUARD

You must wear your mouthguard any time you are involved in a sport where you could get hit in the mouth. This means that you must wear your mouthguard during practices and games. Failing to wear the mouthguard as directed could result in permanent injury to your teeth. To insert the mouthguard, you should observe the following instructions:

- a) place the mouthguard against the roof of your mouth, with the front teeth in the groove of plastic
- b) press with your fingers against the biting surfaces of your back teeth, until the mouthguard slips into place
- c) the mouthguard fits tightly, so it should not come loose until you remove it

To remove the mouthguard, you should observe the following instructions:

- a) hook the nails of your index fingers on the rubber material at the back of the mouthguard, on either side
- b) gently pry the rubber material down until the mouthguard is loose, and remove

It may require considerable force to insert and remove the mouthguard, although the amount of pressure will become less as you become familiar with wearing the mouthguard. If mishandled, the mouthguard may become damaged and may not protect your teeth properly. Please follow these important guidelines:

- a) **NEVER** bite the mouthguard into place as this will warp the rubber material and affect the fit
- b) **NEVER** boil the mouthguard to clean it, or allow it to be heated in any way
- c) **NEVER** allow any one to handle your mouthguard, and keep them away from children and pets
- d) **ALWAYS** have the mouthguard in your mouth or in the protective box
- e) **ALWAYS** keep the mouthguard **completely** clean

### 2) CARING FOR THE MOUTHGUARD

You should clean your mouthguard after each use with a toothbrush and toothpaste, and rinse the mouthguard well, under running water. You can soak your mouthguard in a denture cleaning solution (available at any pharmacy) to keep it clean, but do not soak it more often than twice a month. Soaking the mouthguard in denture cleaning solution is **not** a substitute brushing after use. If you have any concerns or problems, **PLEASE CALL!**

No piece of sporting equipment can guarantee protection from all injury. A mouthguard is no exception. It is still possible to get injured while wearing a properly fitting mouthguard. **ALL SPORTING ACTIVITIES CARRY AN INHERENT RISK OF INJURY; THE MOUTHGUARD IS INTENDED TO ASSIST IN THE PREVENTION OF INJURY. ANYONE ENGAGED IN A SPORTING ACTIVITY MUST ACCEPT ALL RESPONSIBILITY FOR ALL POSSIBLE INJURY, WHETHER WEARING OR NOT WEARING A MOUTHGUARD. THIS OFFICE CANNOT ASSUME ANY RESPONSIBILITY FOR ANY INJURY RECEIVED WHILE WEARING (OR NOT WEARING) THE MOUTHGUARD PROVIDED.**