

***Mouthguard Care Instructions***

* Wear your mouthguard before your first game or training session to help you get used to the new feeling
* Rinse mouthguard with cold water before and after use. Avoid hot water.
* Clean with toothpaste and toothbrush, you may also use denture tablets
* Store mouthguard in the case at all times when not wearing to avoid damage. Make sure the mouthguard is clean and dry before storing
* Avoid high temperatures such as direct sunlight or leaving in a hot car to prevent warping
* If mouthguard receives a strong blow, it may need replacing in order to maintain proper protection
* Mouthguards should be replaced every 2-3 years due to pressure from teeth, alternate wetting/drying and wear that can deteriorate mouthguard over time
* Earlier replacement may be necessary if mouthguard becomes cracked, torn, split or if fit deteriorates
* It is a good idea to bring your mouthguard to your regular dental visits to have it evaluated

*Please call us on 1300 AIM DENTAL if you have any further queries.*

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www.aimdental.com.au