



## **Mouth Guard/Sports Guard Care Instructions**

In many sports, a mouth guard is an important piece of equipment for safeguarding your teeth and protecting them from breaking or chipping. A mouth guard will also help prevent damage to the soft tissue of the jaw. This vital piece of equipment is often tossed into a gym bag and forgotten after practice, allowing bacteria, yeast and fungi to form. Cleaning a mouth guard and keeping it sanitized isn't too difficult and can prevent many unnecessary health problems.

### **Caring for your Sports Guard:**

- **Use your protective case to store your Mouth Guard.** Keep your mouthguard clean and safe by storing it in the protective case.
- **Clean your mouthguard daily.** The American Dental Association (ADA) recommends brushing the mouthguard with a toothbrush and toothpaste regularly to remove any built-up debris. Rinse it with soapy water. Rinse again with clean water and let it air dry. Place in clean case once dry.
- **Clean your mouth guard case** once or twice a month with hydrogen peroxide or mild dish soap to keep it free of bacteria or mold.
- **Schedule regular dental checkups.** Regular **dental** visits are **important** because they help to keep your **teeth** and gums healthy.

### **You should avoid:**

- **Abrasive cleaning materials.** Avoid stiff-bristled brushes, strong cleansers and harsh toothpaste, as these are too abrasive and can damage your mouthguard.
- **Bleach-containing products.** Don't use any bleaching products because these can weaken mouthguards and change their color.
- **Hot water.** Avoid hot or boiling water that could warp your mouthguard
- **Replace your mouthguard if it shows any signs of wear.** Your mouthguard starts off sleek and smooth, but after heavy use, can develop pits and cracks that make a good home for bacteria. Rough patches on the mouthguard near your gums can break the skin and create a place to enter your body. Replace the mouthguard if it shows any signs of wear

***Please call our office if you have any questions!***