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## **CARE OF YOUR CUSTOM –MADE MOUTHGUARD**

Consider your custom-made mouth guard as another part of your equipment when you play any contact sport. It is made especially for you to prevent injury to the mouth and teeth in the same way that a helmet protects your head.

Here are some easy-to-follow instructions to make your mouth guard retain its custom fit, retention, and overall comfort:

- 1) Wet your mouth guard with water before inserting it.
- 2) Wash it with water after every use (game and practice).
- 3) Store it on the model when not in use in order to maintain the shape of the mouthguard.
- 4) Keep the mouth guard away from heat sources such as the sun, washer & dryer, glove compartments of cars, etc.
- 5) Never trade the mouth guard with anyone else. This mouth guard was custom-made for your mouth only.
- 6) Get a new mouth guard when this one wears out. Your mouth guard should be replaced if:
  - a) It does not fit as well as it did when you first got it
  - b) If it becomes torn or ripped
  - c) After each season if you are still growing and at least every two years if you are an adult

In the same way other parts of your equipment change with each season, so does your mouth guard. A mouth guard can only protect your teeth if it fits, and if it is worn.