

Orthodontic Department
Patient Information



The Information Standard Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Caring for your Mouth Guard

Upon receipt of your mouth guard we recommend the following:

- Rinse your new mouth guard in cold water before use
- Try in your new mouth guard
- Ensure the mouth guard fits accurately and comfortably
- We recommend you should wear your new mouth guard during training, in order to get used to the increased bulk and unusual feeling of having a mouth guard placed in your mouth

Care / Cleaning your new mouth Guard:

- Please ensure your mouth guard is rinsed with cold water before and after use
- Do not clean your mouth guard in boiling / hot water or apply any direct heat
- Clean regularly with mouthwash and your toothbrush

You should consult your dentist:

- If you incur any form of irritation from the mouth guard
- If it no longer fits accurately
- If it becomes damaged or shows signs of deterioration
- After an accident whereby the mouth guard has been subjected to a force or impact
- If there is any damage to your teeth
- After one sporting season

PLEASE NOTE

Under no circumstances should this mouth guard be worn by any other person, other than the person it was custom made for, and no modification should be made to the design.

If you have any problems regarding your mouth guard please call the Orthodontic Department on Tel: 01305 255174

This device conforms to the essential requirements set out in annex 1 of the Medical Devices Directive 93/42/EC

This device is supplied in a non-sterile state

MHRA Reg. No. CA 003410

Further Information

Orthodontic Department telephone number: 01305 255174

<http://www.dchft.nhs.uk/patients/departments-G-O/orthodontics/Pages/default.aspx>