

Orthodontic Department

Caring for your Mouth Guard

This leaflet has been written for patients fitted with a mouth guard to protect the teeth during contact sports.

What should I do when I get my new mouth guard?

- **Rinse** your new mouth guard in **cold water before use**
- **Try it in** to check it **fits well** and is **comfortable**
- **Wear it during training** to get used to the unusual feeling of having a mouth guard in your mouth.

How do I care for/clean my new mouth guard?

- Rinse it **with cold water before and after use**
- **Do not clean** your mouth guard in **boiling/hot water** or apply any direct heat
- Your mouth guard should be **cleaned** with a **toothbrush** and **liquid soap**
- Store your mouth guard in the **box provided**.



You should tell your dentist:

- If you have **any form of irritation** from the mouth guard
- If it **no longer fits** properly
- If it becomes **damaged or shows signs of deterioration**
- If you have an **accident** whereby the **mouth guard has been subjected to a force or impact**
- If there is any **damage to your teeth**.

How often should I get a new mouth guard made?

- **After one sporting season.**

Please note

- Under **no** circumstances should the mouth guard be worn by any other person than the person for whom it was custom made, and **no** modification should be made to the design
- The device conforms to the essential requirements set out in annex 1 of the Medical Devices Directive 93/42/EC. MHRA Reg. No. CA 003410
- The device is supplied in a non-sterile state.

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Contact Numbers

We hope that you have found the above information useful, but if you have any questions, or are worried about anything, please speak to the following Dorset County Hospital Staff:

Orthodontic Department: 01305 255174

About this leaflet:

Author: Hugh Bellis, Consultant Orthodontist
Written: March 2021
Approved: April 2021
Review Date: March 2024
Edition: v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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