

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.

Contact Numbers

We hope you have found this information useful, but if you have any questions or are worried about anything, please speak to the Orthodontic team:

Orthodontic Department (Dorset County Hospital): 01305 2551747

Orthodontic Department (University Hospitals Dorset): 0300 019 4694

About this leaflet:

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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 patientinformation.leaflets@dchft.nhs.uk



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