

Flynns Dental Care Guide to Your Sports Guard

Please read the advice below on how to care for your sports guard.

Caring for your sports guard in the correct way will help to keep your teeth and gums healthy.

- Your sports guard has been made specifically for your use. **Never share it** with anyone else.
- Always wear your sports guard whenever you are playing in **any contact sports**.
- **Before use**, brush and floss your teeth. Remove any dentures, removable braces and tongue or lip studs.
- **Always clean** your sports guard after use with warm, soapy water and a toothbrush.
- **Avoid abrasive cleaners** such as toothpaste as this can damage your sports guard.
- Ensure your sports guard is **completely dry** before storing it away in the case provided.
- **Avoid** exposing your sports guard to hot conditions such as sunlight or hot water – this will distort the sports guard.
- **Check your sports guard** for signs of cracks and wear – these are signs that your sports guard may need replacing.
- **Always bring your sports guard to your regular dental health examinations** for your dentist to check it is still fitting correctly.
- **Depending on your age**, your sports guard may need replacing if your teeth are still growing.

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