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Athletic Guard Home Care Instructions

- 1) Keep the guard away from dogs! Your pets love how you smell and will chew up your guard like a toy if you are not careful.
- 2) After each use, gently brush the mouth guard with a toothbrush and rinse thoroughly with cold water. Do not use hot water or put it in the dishwasher because it may change the shape of the guard and will not fit as well. Dry off the guard and put it in the box provided for safe storage.
- 3) After repeated uses, the guard will get plaque buildup which may not come off with regular brushing. Using a denture cleaning tab (all brands work well) and the plaque will come off easier. Never use bleach water!
- 4) **WEAR THE GUARD!!!** The guard cannot save your smile or prevent concussions if you're not using it.
- 5) Do not chew on the guard while you are wearing it.
- 6) The National Sports Foundation estimates that more than 5 million teeth will be knocked out in sporting activities this year. Dental injuries are the most common type of head injury sustained during sports participation.
- 7) If you have any questions or issues do not hesitate to give us a call at 320-629-2282.