



Denplan

**Keyworth
Dental
Practice**

Your Sports Mouth Guard

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This has been made to an accurate impression of your mouth to protect your teeth, lips and tongue from accidental injury whilst playing contact sports. It can only be worn by the person it was made for. If you are under the age of 18 it is likely that you will require a new one each season as your mouth continues to grow.

Do

- 1) Wear your mouth guard for all contact sports including practice sessions.
- 2) After use rinse your mouth guard under the cold water tap.
- 3) Store your mouth guard in a rigid ventilated box. If you lose the one we provided you with you can adapt a plastic soap box to do the same job or purchase another one from us.
- 4) Periodically clean your mouth guard with a toothbrush and toothpaste.
- 5) If your mouth guard becomes stained or ingrained with mud etc. occasionally use a "Steradent Tablet" or similar product.
- 6) Come back to the practice if it rubs on your gums or causes any kind of irritation.

Don't

- 1) Allow it to get too hot. If you soak it in hot water, leave it on a central heating radiator, on a windowsill in hot sun etc. your mouth guard will lose its shape and it will not fit as well.
- 2) Store it in a distorted shape or it will remain that shape.
- 3) Store it wet: it will grow mould, that is why the storage box must be ventilated.
- 4) Continue to wear it if your mouth guard stops fitting accurately. If this happens you will need a new one.

If you have any problems contact the surgery - 0115 9375828
(out of normal opening hours, *emergency* treatment or advice only - 07626 950168)