

YOUR MOUTH GUARD CARE GUIDE

1



CLEAN

it after each use
with a toothbrush
and toothpaste

2



BRUSH

every nook and
cranny of it to get
rid of bacteria

3



STORE

it in a rigid
container to
prevent damage

4



REPLACE

it if it becomes
deformed or
uncomfortable

5



AVOID

leaving it on hot
surfaces or in
direct sunlight