



MAINTAINING YOUR NEW MOUTH GUARD

You now have your new mouth guard and maintaining good oral hygiene is very important. Plaque, stain and calculus can accrue on the guard. The following steps will help you keep your guard clean.

- The guard should be cleaned with a soft brush using dishwashing liquid.
- Effervescent cleaners are safe to use for hard occlusal guards.
- Dual hard / soft and all soft guards should not be cleaned in effervescent cleaners.
- When the guard is not being used it should be placed in a container. There are different types of guards; hard guards should be soaked in water to prevent drying. Soft guards and dual guards do not need to be soaked.
- Most importantly, you should continue to bring your guard to your periodic hygiene appointments. This appointment will include professional cleaning and inspection of your guard.

The type of guard you are receiving today is...

- Hard
- Soft
- Dual