

Care for an Athletic Guard

- At least once a week, wash the athletic guard with a mild liquid soap and a soft brush (soft or extra soft tooth brush is fine) to clean and remove mild stain on the guard
- Use a pleasant tasting mouth wash to rinse the guard in order to remove the soap taste. Dry it off.
- Repeat this with the case of the athletic guard as well.
- Place in the athletic guard in the container. Ideally in a well ventilated container.
- Keep out of reach of children and animals.
- Should be checked once a year by your dentist to make sure proper fit and function. ****For kids who are still growing, use of the same athletic guard for too long may have a negative impact on your dental and oral development.****