



MOUTHGUARD CARE INSTRUCTIONS

Your mouthguard is a vital piece of kit and is too often tossed into a games bag and forgotten after practice, allowing bacteria, yeast, and fungi to form. Cleaning your mouthguard and keeping it sanitised isn't difficult and can prevent many unnecessary health problems.

1. RINSE WITH WATER

Rinse your mouthguard under the cold tap when you take it out, before you put it back in its protective box.

2. BRUSH WITH TOOTHBRUSH AND TOOTHPASTE

Take your mouthguard to the bathroom when you get home and give it a good brush with a toothbrush and toothpaste to prevent any plaque and debris building up, return to its protective box

3. SOAK IN ANTIMICROBIAL SOLUTION

Soak in a cup of cold water with a tablet (Retainer Brite) for 10-15 minutes regularly or when the mouthguard has visible build up. The solution will kill 99% of bacteria and keep your mouthguard minty fresh!

4. REPLACE YOUR MOUTHGUARD

Your mouthguard starts off sleek and smooth, but after heavy use can develop pits and cracks that make great homes for bacteria. Rough patches on the mouthguard near your gums can break the skin, creating a place for bacteria to enter your body. It's important to replace your mouthguard when it begins to show signs of wear.