



Care Of Mouthguards

Occlusal guards, sleep apnea devices, snore appliances, retainers and sports mouthguards

Clean your guard or retainer with cool soapy water only.

It is recommended to clean your appliance with an ultrasonic cleaner and cool soapy water or some hydrogen peroxide – water (50-50) mixture.

Do not use hot water as this may distort the appliance.

Do not soak the appliance in mouthwash or hot water.

Do not place in direct sunlight or any excessively warm area such as a window sill. This can cause distortion of the guard material.

Do not use toothpaste or a stiff brush. This will cause surface scratches and discoloring of the appliance.

When the appliance is not in use, be sure it is in an appliance case! They are often thrown away if placed in a paper towel or other wrap.

Keep away from pets! Family pets love to chew on these appliances.

If your appliance becomes loose, tight, or causes you discomfort, please contact our office immediately.



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