

MOUTH GUARD INSTRUCTIONS

Mouth guards help to absorb the shock experience by a blow to the face that might otherwise result in an injury to the mouth or jaw.

Mouth guards should be worn whilst playing and training for any sport that can involve contact to the face.

They should be washed in cold water and dried and stored in the plastic container that has been provided. They need to be kept in a cool place as mouth guards can be distorted by higher temperatures.

They should not be shared as this can transmit unwanted germs into the mouth through the mouth guard.

Mouth guards should be reviewed every 6-12 months by to your dentist to ensure it continues to fit correctly, as children's teeth begin to move as their adult teeth emerge, causing the mouth guard to then be a different shape to the child's teeth.

If you have any questions or concerns please contact the surgery on 8379 3529.