

Instructions:

1. Before playing any contact sports insert your sports guard, ensure that it is fully seated.
2. Once you are done with your sports guard rinse the sports guard with soap and water and shake off any excess water.
3. Store in container with air holes to allow appliance to dry properly.

General Information:

You should wear your sports guard when playing any contact sports .

Using toothpaste to clean your sports guard can scratch the surface and can allow the growth of bacteria. If you feel like you need a deeper clean you can use a denture cleaner and that will help keep things fresh.

Keep your models just in case your sports guard breaks then we are able to make you a new one without having to take new impressions for models.

If you have any questions please contact the office by phone **780-487-5808** or by email at **mail@summerleadental.com**.