

MOUTHGUARD APPLIANCE

What does it do?

Wearing a mouthguard prevents or reduces any damage to teeth that may occur while playing sporting activities.

What does my appliance look like?

- An impression is taken to allow the laboratory to make a mouthguard that custom fits your teeth precisely.
- It is made of a flexible plastic that comes in a variety of colors.

How long will I wear the appliance?

- This appliance should be worn as long as you are playing active contact sports to protect your teeth.

What are my responsibilities for a successful treatment?

- It is normal for your teeth to feel sore for a few days while adjusting. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Please handle your appliance with care to avoid damage.
- It is important to clean your appliance after each use. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never HOT) to avoid distortion.
- **Always** use the case provided to store and protect your appliance when not in your mouth. Never wrap appliance in Kleenex or place it in your pocket.
- Keep out of reach of pets. They love to chew them!
- Please contact our office should your appliance become excessively loose, damaged, does not fit properly or if it is lost.

