



**Simon Fraser Dental Centre**

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**SPORTS GUARD INSTRUCTIONS**

After each use, gently brush the sports mouth guard with a toothbrush. Make sure to rinse thoroughly with cold water. Avoid hot water, as it may change the shape of the guard. Dry the mouth guard and store it in the box provided.

With repeated use, buildup is common. Use a denture-cleaning tablet (Polident, Efferdent) to freshen up your mouth guard, following the instructions on the package. Rinse and dry after soaking. Do not use bleach to clean your mouth guard!

Make sure to keep your storage case clean and dry also. Bring your mouth guard to your regular dental cleaning appointments. Your dentist may have a powerful cleaning machine that can do a periodic thorough cleaning job.

**WEAR IT!** If it's not in your mouth when you play, it won't prevent injury. This "seat-belt for your mouth" can reduce the severity and frequency of dental injuries. The National Youth Sports Foundation estimates that more than 5 million teeth will be knocked out in sporting activities this year. These traumas to the mouth will happen to children, high school and college level athletes. In fact, dental injuries are the most common type of head injury sustained during sports participation.

If you have any further questions or concerns, contact your dentist. Of course, we are happy to assist them with your sports guard care too.