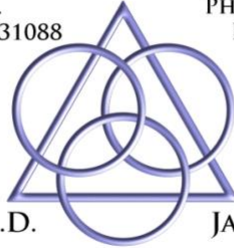


FAMILY DENTAL ASSOCIATES

328 MARGIE DR.
WARNER ROBINS, GA 31088

PHONE: 478 - 971-7701
FAX: 478-971-7705



J. ALEX BELL, JR., D.M.D.

JACK ALEX BELL, III, D.M.D.

KEN COLSON D.M.D.

At Home Care Instructions for a Mouth Guard

Proper care and maintenance of your mouth guard are crucial to ensure its longevity, effectiveness, and hygiene. Here are some important instructions for at-home care of your mouth guard:

1. Cleaning:

- Rinse: After each use, rinse your mouth guard with cool water. This helps remove any debris or saliva.
- Brush: Gently brush your mouth guard using a soft toothbrush and a mild liquid soap or non-abrasive toothpaste. Avoid using hot water or harsh cleaners as they can damage the material.
- Rinse Again: Thoroughly rinse the mouth guard with water to remove any soap or toothpaste residue.
- Dry: Allow the mouth guard to air dry completely before storing it. Moisture can promote bacterial growth, so ensure it is dry before storing.

2. Storage:

- **Storage Case:** Always store your mouth guard in a sturdy and ventilated case specifically designed for mouth guards. This protects it from physical damage and prevents exposure to bacteria or contaminants.

- **Avoid High Temperatures:** Keep your mouth guard away from direct sunlight, hot surfaces, and extreme temperatures, as they can warp or distort its shape.

3. Avoid Damaging Substances:

- **Chemicals:** Avoid exposing your mouth guard to any chemicals, including mouthwash, alcohol-based solutions, or bleach, as they can degrade the material.

- **Hot Water:** Never soak your mouth guard in hot water, as it can cause it to lose its shape or become distorted.

- **Chewing or Biting:** Refrain from chewing on or biting your mouth guard, as it can lead to premature wear and tear.

4. Regular Inspections:

- **Check for Damage:** Regularly inspect your mouth guard for signs of wear, tears, holes, or a loose fit. If you notice any damage, it's important to replace it promptly for optimal protection.

- **Consult with Your Dentist:** Schedule regular dental appointments and bring your mouth guard along. Your dentist can examine the mouth guard and make any necessary adjustments or recommendations.

5. Replacement:

- **Timeframe:** Depending on the frequency of use, mouth guards generally last between six months to a few years. However, they can wear down or become less effective over time, so it's important to monitor their condition.

- Follow Dentist's Advice: Follow your dentist's recommendations regarding the replacement timeline for your specific mouth guard. They may suggest a replacement based on your individual needs and the condition of the mouth guard.

Remember, proper care and maintenance of your mouth guard not only ensure its durability but also help promote your oral health. If you have any concerns about your mouth guard, consult with your dentist for guidance and assistance. Please take appliance out to eat and sleep unless directed otherwise.

Please bring your appliance with you to your appointments, so we can check the fit for you at that time.

If you have any questions or concerns, please do not hesitate to call the office @ 971-7701.