



This information is intended as a resource for existing patients of Blackburn Dental Group, and is designed to be used in conjunction with advice given directly by one of our dentists. You should not act on any of the information contained therein without first seeking your own dental advice.

Care of your Mouthguard

A properly made mouthguard will help protect your teeth and jaws from injury while playing sport and help prevent concussion.

This type of mouthguard is custom made to fit a model of your teeth and jaws.

It's made for you and will fit comfortably and not impede your breathing

Wash after use in cold water.

Store in a clean plastic container.

Remember to wear your mouthguard when playing sport AND at training.

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