



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

# Mouthguard

## WEAR

- Your complimentary mouthguard was custom-fitted for your teeth for wear during contact sport activities.
- When not being worn, your mouthguard should be kept in the mouthguard case.

## CARE

- After each use, rinse off your mouthguard with water and brush with a toothbrush.
- To avoid unpleasant odors and tastes, you may soak your mouthguard in mouthwash for a few minutes.
- The sun and any heat source can warp your mouthguard.
- Keep away from pets—they love to chew on them!

**CALL US IF YOUR MOUTHGUARD IS LOST OR  
NOT FITTING PROPERLY  
(There will be a replacement fee)**