



- 3mm EVA
- 2mm clear EVA

Our 2 layer mouthguards are laminated under pressure to produce a minimum thickness of 4mm, suitable for the young sportsperson 9-15 years. They're also recommended for children or adults wearing orthodontic bands. Dual layered mouthguards are what you should expect from a custom fitted mouthguard delivered by a dentist for this age group.

Caring for you laminated custom mouthguard

Here a few suggestions from Windsor Dentists that will help you extend the longevity of your mouthguard. **As is the case with anything that we use in our sporting day to day life, product care and simple maintenance can go a long way in helping us get the most out of our equipment.**



DO



DO NOT



- ✓ Rinse your mouthguard thoroughly with water before and after each use.
 - ✓ Clean your mouthguard every so often by washing it with warm soapy water. It is also recommended every couple of months to soak your mouthguard in an antibacterial mouthwash or denture cleaning solution.
 - ✓ Store your custom mouthguard in its case when not in use and keep in a cool place.
 - ✓ It is recommended that kids up to the age of 18 replace their mouthguard every year due to growth and tooth movement. If adults take good care and maintenance of their custom mouthguard, it can last for a long time.
 - ✓ Lastly, replace your mouthguard if it gets damaged, if you lose a tooth or undergo any major dental treatment.
- ✗ No hot water and no toothpaste!
 - ✗ Do not store your mouthguard near heat or in the sun! Avoid leaving it in the car where it can get hot.
 - ✗ Do not chew your mouthguard or apply undue amounts of pressure on it.
 - ✗ Do not attempt to adjust your mouthguard if it becomes loose or too tight. Contact Windsor Dentists on **07 3357 4177** we will sort it out straight away!