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**Care Instructions: Mouth Guards / Retainers**

- Cleanse your mouth thoroughly: brush, floss, rinse.
- Clean your mouth guard / retainer with cold water only. Any kind of heat could distort the shape of your mouth guard / retainer.
- Allow your mouth guard / retainer to soak in one of the following solutions for a minimum of 30 minutes:
  - Listerine & cold water (50/50 mix)
  - Hydrogen peroxide & cold water (50/50 mix)
  - Bleach & cold water (50/50 mix)
- After soaking, brush your mouth guard / retainer gently with a toothbrush and toothpaste.
- Store your mouth guard / retainer in its case only. **Do not wrap your mouth guard / retainer in a napkin** - you or someone else could accidentally throw it away.
- If you have any questions or concerns about your mouth guard / retainer call our office at (650) 326-7257.