

## MOUTHGUARD CARE GUIDE

How to clean, maintain, and protect your Prevent instrumented-mouthguard.

### DAILY CARE

- **Rinse immediately.** As soon as you remove it, rinse with cool water to clear saliva and debris.
- **Brush gently.** Use a soft-bristled toothbrush with a drop of mild, fragrance-free dish soap or a gentle, non-abrasive (non-whitening) toothpaste. Brush all surfaces, then rinse thoroughly with cool water.
- **Air-dry completely.** Let the guard air-dry on a clean surface before returning it to its case. Never store it wet.

### WEEKLY DEEP CLEAN

Alongside daily cleaning, choose one soaking method once a week. Do not combine methods in the same session. After any soak, rinse thoroughly with cool water and air-dry before storing.

- **Denture / retainer tablets (Efferdent, etc.).** Drop one tablet into a glass of cool water, submerge the guard, and follow the package instructions (typically 10–15 minutes). These mild oxidizing agents loosen plaque, whiten, and reduce bacteria.
- **Hydrogen peroxide soak.** Mix equal parts 3% hydrogen peroxide and cool water. Soak for 10 minutes, then rinse well. Helps disinfect and lift surface stains.
- **White vinegar soak.** Combine 1 part white vinegar with 3 parts cool water and soak for 15–30 minutes; the acidity breaks down mineral deposits from saliva. Rinse well to remove the smell before drying and storing.



**Quick tip.** If sports drinks are regularly consumed, remove the mouthguard before drinking and swish water before reinserting to reduce staining.

### WHAT TO AVOID

- ◆ **Hot water.** Never rinse under hot tap water or boil. Heat permanently warps the thermoplastic and destroys the fit.
- ◆ **Dishwasher.** Exposes the guard to high heat and harsh detergent at once — both are destructive.
- ◆ **Alcohol-based mouthwash.** Alcohol degrades the EVA plastic over time. For a mouthwash soak, choose an alcohol-free antibacterial rinse and confirm with your dentist first.
- ◆ **Chlorine bleach.** Too harsh for mouthguard materials, and it leaves residue that is unsafe to put back in your mouth.
- ◆ **Whitening or abrasive toothpastes.** These create micro-scratches in the softer EVA plastic, giving bacteria more surface to cling to.
- ◆ **Leaving it loose in a bag or pocket.** A wet guard tossed in a gym bag or jersey pocket quickly accumulates bacteria, lint, and dirt.
- ◆ **Hot car or direct sunlight.** Heat exposure, even from a parked car, can warp the material and permanently ruin the custom fit.



### NEED HELP? CONTACT US

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