



# FOLLOW THE RULES AND KEEP PERFORMING BETTER

- ▾ Keep your mouthwear clean by washing it with a light soapy solution and running water after each use (avoid using very hot water!).
- ▾ Soak your mouthwear in a disinfecting solution before storage.
- ▾ Keep your mouthwear in the storage case when not in use.
- ▾ Do not leave the mouthwear in direct sunlight or in a hot car for extended periods of time.
- ▾ Never chew on your custom mouthwear!