



SOL
Simply Ortho Lab

MOUTHGUARD INSTRUCTIONS

Congratulations on receiving your new JEM MOUTHGUARD

To get the most out of your appliance, simply follow the instructions below.

- When removing your mouthguard, do so from the back by pulling down on one side to release suction and pull forward to remove.
- Wash with cold water after each use
- Do not scrub with toothpaste or denture cleaners. If required, use warm soapy water or mouthwash to clean
- Dry thoroughly after rinsing and before placing the mouthguard back in the case provided
- Store the appliance in its case
- Keep out of direct sunlight. Do not leave the mouthguard in hot rooms or in a hot car as this will distort the mouthguard.

