

Sports Guards Instructions for Use (IFU)

Overview: Find the official Instructions for Use (IFU) for Dandy Sports Guards, including fitting, cleaning, and maintenance guidelines for dental professionals and patients.

Use a Sports Guard

Sports Guards are custom-made dental devices designed to protect teeth and oral structures during contact sports.

1. Wash your hands thoroughly before handling the Sports Guard.
2. Place the Sports Guard over the upper or lower teeth as instructed by the dentist.
3. Bite down gently to confirm a comfortable and secure fit.
4. Remove the Sports Guard after the sporting event.
5. Rinse the Sports Guard with warm water immediately after removal.

Adjust a Sports Guard

Dental professionals should follow these technical specifications when adjusting the device:

- **Operating Speed:** Operate the bur at high speed with minimal pressure.
- **Temperature Control:** Always use water and air spray to maintain temperature and prevent micro-fractures.
- **Tool Recommendations:** Use a fine-grit diamond bur for general adjustments.
 - Use a football-shaped bur for occlusal and lingual surfaces.
 - Use a tapered bur for buccal and lingual surfaces.
- **Restriction:** Do not perform handpiece adjustments using air only.

Clean and Store a Sports Guard

Proper daily maintenance prevents material damage and discoloration.

Daily Cleaning Steps

1. Clean the Sports Guard before and after every use.
2. Use warm water (not exceeding **45°C/113°F**) and soft, antibacterial liquid dish soap.
3. Rinse the device thoroughly with cool water.
4. Store the Sports Guard in a clean, dry container when not in use.

Prohibited Cleaning Agents

To prevent warping or discoloration, do **not** use:

- Hot water.
- Flavored, scented, or heavily dyed soaps.
- Mouthwash, alcohol, or hydrogen peroxide.
- Sodium hypochlorite (chlorine bleach).

Additional Information

- Patients should consult with their practice if they experience tooth pain or sensitivity, as this may be a sign of a more severe underlying issue.

- Patients may experience mouth or tooth soreness when first using the device, which should resolve after a few days.
- Sports guards have a limited warranty, which may vary depending on the manufacturer.

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