Mouthguards

Mouthguards Prevent:

- Broken teeth
- Lost teeth
- Soft tissue injuries like bitten lips and tongues
- Jaw fractures

The Best Mouth Guards

- It is best to get a mouth guard that is custom made by your dentist.

- Dentists will make a guard that *specifically* fits your mouth. It will be more comfortable and provide more protection than the mouthguards you can buy in the store.

- Store bought guards may be cheaper, but they may obstruct breathing, speech, and will most likely not fit well. **If it does not fit properly, it is not protective.**

- Some mouth injuries may be very expensive to fix. Wearing a mouth guard to prevent these injuries is money well spent.

When to Wear a Mouthguard

Mouth guards are usually worn in contact sports, but even in non-contact sports, mouth guards help prevent injuries.

The American Dental Association and the Academy of Sports Dentistry recommends the use of a mouthguard in:

Acrobatics	Handball	Skydiving
Baseball	Ice hockey	Soccer
Basketball	Inline skating	Softball
Bicycling	Lacrosse	Squash
Boxing	Martial arts	Surfing
Equestrian Events	Racquetball	Volleyball
Extreme sports	Rugby	Water polo
Field hockey	Shotput	Weightlifting
Football	Skateboarding	Wrestling
Gymnastics	Skiing	

Wearing Your Mouth Guard

✓ Do not wear retainers with mouth guards. This will cause it to not fit correctly.

✓ Absolutely wear a custom fitted mouthguard if you wear braces, have a protruding jaw, receding chin, or cleft chin.

✓ Do not chew on gum while wearing your mouthguard.

✓ Do not cut off pieces of your mouthguard.

✓ Wear it during practice sessions as well as games.

✓ Make sure to visit your dentist before each playing season to check your mouthguard.

Taking Good Care of Your Mouthguard

1. Rinse before and after each use, or brush it with toothbrush and toothpaste.
2. Clean it with cool, soapy water and rinse.
3. Carry it in the container it came in or the one your dentist gave you.
4. Check for any breaks or signs of wear in the mouthguard and replace it when needed.