



# Athletic Mouthguard

## Protect your teeth while having fun!

A **mouthguard** is a piece of equipment that fits over the upper teeth to reduce the risk of injury to the teeth when you play sports and recreational activities (hockey, soccer, football, martial arts, basketball, baseball and many more).

### Did you know?

A simple action like wearing a mouthguard could mean the difference between a minor injury and severe trauma to your teeth, which could be very painful and expensive to treat.

### Important features:

- Should be at least 3mm thick to keep the jaws separated
- Should be comfortable
- Person should be able to breathe and speak easily
- Should stay in place by itself



### Types:

1. **Custom-fitted:** created by a dental professional from an impression of the person's teeth. It provides the best protection due to their close comfort fit and shock reducing effect.
2. **Boil-and-bite:** purchased in stores and molded at home. The material is softened in boiling water and then formed directly on the upper teeth. Can be uncomfortable if not properly fitted. It provides limited protection.
3. **Stock or ready-to-wear:** purchased in sporting stores. It comes ready-made and provides the least amount of protection, fit and comfort.

### Maintenance and care of the mouthguard:



- Rinse with cold water or mouthwash after each use and occasionally clean with mild soap under cold water
- Store in a ventilated and rigid container
- Wear correctly and do not chew or share
- Replace every 2 or 3 years or sooner if torn, loose or if child loses baby teeth
- Take it to your dental visits

For more information talk to your dentist or dental hygienist  
or call Ottawa Public Health at 613-580-6744.