



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 comfortable
- Athlete should be able to breathe and speak easily
- Should stay in place by itself

TYPES

- **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.
- **Mouth adapted or "Boil-and-bite:"** purchased in stores and moulded 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.
- **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.
- Avoid contact with hot water or other heat sources, such as direct sunlight.
- Store in a ventilated and rigid container.
- Wear correctly and do not share.
- Do not chew or alter the mouthguard as this will affect fit and possibly reduce effectiveness.
- Replace at least every year or sooner if torn, loose or if there's a change in dentition.
- Take your mouth guard to your dental visits.

