

Mouthguards

keeping your smile safe

Mouthguards are used to protect your mouth and teeth during sporting activities and training.

There are many ready-made mouthguards available to buy **but only a custom made** mouthguard made by your dentist is made to fit your mouth exactly. This provides better protection and makes the guard easier to wear. Generally, they are made to wear on the upper teeth only.

Without a mouthguard, teeth can be severely damaged. Trauma from a blow or fall can split or crack teeth or worst of all, lose teeth. Damaged teeth, if repairable, often need costly and ongoing treatment with bonding, root canal treatment or crowns.



Custom made mouthguards can come in varying levels of protection and in the colours of your choice.

Making Your Mouthguard

1. Consultation with dentist for assessment
2. Moulds of upper and lower teeth, used to make the mouthguard at the lab
3. Choose the colour of your mouthguard
4. After one week, the dentist will fit you with your mouthguard, adjust it if necessary
5. Dentist will go over care instructions

Sports which may need a mouthguard

- Acrobatics
- Basketball
- Boxing
- Cycling
- Extreme sports
- Field events
- Hockey
- Football
- Gymnastics
- Skating
- Martial arts
- Rugby
- Skiing
- Softball
- Squash
- Wrestling

Care of your mouthguard

- ✓ Before and after each use, rinse with cold water or an antiseptic mouth rinse or toothpaste
- ✓ Keep your mouthguard in a firm, perforated container when not in use to protect it
- ✓ **Avoid** hot water, hot surfaces or direct sunlight – this can distort your mouthguard
- ✓ Check it regularly for tears or mis-shape which could irritate your mouth
- ✓ Have it looked at regularly by your dentist – when you have a check up