



## Mouthguard care

- Rinse your mouthguard with warm soapy water, not hot water.
- Store your mouthguard in a well-ventilated plastic container with several holes so it can dry, preventing the growth of bacteria.
- Do not leave it in direct sunlight or car; heat will warp your mouthguard out of shape.
- Do not bend or chew on the corners of your mouthguard.



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## MOUTHGUARDS



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## Be active and sporty, but protect your smile

Dental injuries are the most common type of oral facial injury sustained in sports and can be painful, disfiguring and expensive to treat. They may result in time off work or school to recover, as well as lengthy and expensive dental treatment.

Regardless of age, people participating in contact sport or activities where there is considerable risk of injury to the mouth should consider a custom-made and fitted mouthguard as a component of their sports equipment.

In addition to providing protection for your teeth, a correctly fitted mouthguard created by a professional dentist can prevent serious injuries such as concussions. Custom-made mouthguards will also reduce the chance of being knocked unconscious and help to prevent jaw fractures and neck injuries resulting from the lower jaw being forced up into the upper jaw.

Just as essential for children as adults, mouthguards can prevent an injury to your child that may require many extensive corrective treatments especially in the case of a tooth being knocked out or a jaw injury incurred.



Although readily available from sport stores and pharmacies, an over the counter mouthguard is not as effective as custom-made ones. These over the counter mouthguards are boiled in hot water, and then moulded by the wearer by biting and sucking. These mouthguards provide limited protection as they are unable to be moulded

precisely to your teeth and gum contour. This can allow for excess movement and cause it to be knocked out easily. It can also inhibit your ability to breathe and speak clearly.

A custom-made mouthguard is the ideal choice as it is specifically tailored to your individual bite and mouth shape made from a cast of your teeth providing the best protection, fit and comfort.

