

## Mouthguards

### What are mouthguards & what do they do?

- Soft rubber molds worn over the teeth during sports (basketball, soccer, baseball, etc.) or play.
- Prevents injuries to teeth, lips, cheek, tongue and jaws
- Cushions blow to the jaw that might otherwise cause bony fractures
- Prevents concussion injuries to the head
- We recommend professional mouthguard made by the dentist when all permanent teeth have erupted
- When primary teeth (baby teeth) are still present, we recommend “boil and bite” guards or stock mouthguards, which you can find at any sporting goods store. We are happy to help if you would like to come in for assistance to ensure that the mouthguard fits comfortably.

### How do I care for my mouthguard?

- After each use, clean in cool soapy water and rinse thoroughly
- Store moist in container, and rinse with water or mouthwash before insertion
- Check the condition of the mouthguard frequently to see if it needs replacement due to tears or perforations which could irritate the gums or mouth
- Keep stone models of teeth to allow us to replace mouthguard if it is lost or torn.



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