

## **A Mouthguard Can Save Your Teeth!**

### **The Importance of Mouthguards**

When participating in contact sports it is important to protect your teeth with a mouthguard. It can prevent fractured, broken or dislodged teeth which can be extremely painful and expensive to repair.

There are three types of mouthguards available: the stock guard, the “boil and bite” and a custom made mouthguard by the dentist. The first two options can be found in retail stores and are not fitted to your teeth and provide only minimal protection. The custom made option offers the most protection and comfort. The dentist makes a mold of your mouth and then creates a mouthguard that fits perfectly and does not restrict speech or breathing.

### **Contact Sports for Which Mouthguards Should Be Used**

Boxing, football, hockey, lacrosse, basketball, soccer, rugby and water polo.

### **Care of Mouthguards**

- Rinse before and after each use, or brush with a toothbrush and toothpaste
- Clean the mouthguard in cold, soapy water occasionally
- Never leave mouthguard in the sun or in hot setting.
- Check for wear and tear regularly and see the dentist if there are any problems.

**To find out more, consult Dr. Dautel or your hygienist at your next appointment.**