

Protect Your Smile

Wear a sports mouthguard



Millions of people experience sports-related dental injuries every year. You can safeguard your smile with a simple piece of athletic gear that helps lessen the impact of a blow to your mouth.

When should I wear a mouthguard?

Any time you might come in contact with hard surfaces or other players, you should protect your mouth from broken teeth, jaw injuries and cuts to the lips and tongue. Common dental injuries occur in basketball, bicycling, boxing, football, lacrosse, martial arts, skateboarding, skating, soccer, softball and wrestling.

Tips for choosing a mouthguard

1. Look for a good fit.
2. Make sure you can breathe and speak normally.
3. Consider durability.
4. Select a design that is easy to clean.

Mouthguard types

Ready-made. Typically the lowest-cost option, stock mouthguards provide minimal protection. Your mouth must be closed to hold them in place, so they may interfere with your speech and breathing.

Boil-and-bite. Softened in hot water and then placed into your mouth for a more individual fit, these guards are often more comfortable than the stock variety.

Custom. Tailor-made by your dentist with a mold of your teeth, this type offers the best protection, fit and comfort level. However, it can be the most expensive option. Check your dental plan to see if mouthguards are covered.

Caring for your mouthguard

- Clean with soap and warm water.
- Soak in alcohol-free mouthwash before putting it away.
- Store in a well-ventilated container to let it dry out between uses.
- Avoid heat and direct sunlight.
- Try not to bend it.
- Don't wear or touch someone else's mouthguard.
- Call your dentist if you have problems with a custom-made guard.



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