

SPORT A SMILE WEAR A MOUTHGUARD

Three type mouthguards:

- Ready-made or stock mouthguard
- Mouth-formed 'boil-and-bite' mouthguard
- Custom-made mouthguard made by a dentist



Features to look for in a mouthguard:

Tear-resistant	Fit properly
Comfortable	Easy to clean
Not restrict speech or breathing	Durable



Take good care of your mouthguard:

- Rinse mouthguard with cold water or antiseptic mouth rinse after use
- Toothpaste & toothbrush can also be used to clean a mouthguard
- Place in a firm container that allows air to circulate & prevents damage
- Keep mouthguards out of hot temperature or direct sunlight
- Check for holes, tears and fit
- Have regular dental checkups & bring your mouthguard along for you dentist to check

Don't take your smile for granted Protect your smile Wear a mouthguard

Source:

- American Dental Association June 2001

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