A PROPERLY FITTED MOUTHGUARD CAN PREVENT A RANGE OF INJURIES.

Facts to Consider

- Over 2 million teeth are knocked out each year from sports-related injuries.
- Over 200,000 injuries are prevented each year by mouth and/or face guards.
- Mouthguards prevent injury to the mouth, teeth, lips, cheek, and tongue.
- Mouthguards can cushion the blow that might otherwise result in jaw fractures and/or concussions.

Source: Ohio Dental Association
MOUTHGUARDS PROTECT MORE THAN YOUR MOUTH.

What to Know

There are three types to choose from:
- the ready-made or stock mouthguard
- the mouth-formed “boil-and-bite” mouthguard
- the custom-made mouthguard made by a dentist

The Do’s

- Do pick a mouthguard that fits properly (the boil-and-bite or custom-made are best).
- Do consider a colored mouthguard as it is easier to find on a playing field.
- Do rinse your mouthguard with cold water before and after use.
- Do regularly brush your mouthguard with toothpaste.
- Do replace your mouthguard every two to three years.

The Don’ts

- Don’t chew on your mouthguard.
- Don’t use hot water to clean it.
- Don’t keep it in direct sunlight.
- Don’t share your mouthguard.

MOUTHGUARDS PREVENT INJURIES. USE THEM.

Source: CDHA