

# how do I protect my teeth?

Mouthguards can be used to help prevent sudden contact between the lips, cheeks, and teeth.



They are removable and made of a soft plastic that usually fits to the shape of the upper teeth.

Custom made mouthguards are more comfortable, form fitting and allow for better breathing and speaking when in use.

Store bought mouthguards tend to be bulkier and may not provide a precise fit.

Mouthguards are recommended for all contact sports including basketball, baseball, soccer, hockey, football, wrestling, inline skating, skateboarding, bicycling, etc. They should be worn for friendly and competitive games.

Use of mouthguards should be encouraged while playing school, recreational or competitive sports. This will help to create a positive habit.

PROTECT YOUR  
**smile!**  
wear a mouthguard

If you have any dental questions or concerns please contact York Region *Health Connection* at:

**1-800-361-5653**

**TTY 1-866-252-9933**

Ask to speak with a Registered Dental Hygienist

For more information please visit our website:  
**[www.york.ca/teeth](http://www.york.ca/teeth)**

**playing sports...**

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**smile!**  
wear a mouthguard



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# did you know...



that every individual playing a sport has a 10 per cent chance of receiving a facial injury this season?

Most of these injuries occur to the top front teeth.

This can have both physical and psychosocial impacts including: pain, avoiding laughing or smiling, difficulty biting or chewing food, and having a hard time paying attention in class.

Repairing these teeth can be very expensive.

Protecting them during play is inexpensive in comparison.



# how do I look after my mouthguard?

Clean after every use with toothpaste and a toothbrush, or cool soapy water, and rinse thoroughly.

Store in a container, but make sure the mouthguard is completely dry before closing the container.

Do not share your mouthguard with others.



Avoid high temperature or direct sunlight to minimize distortion.

Mouthguards wear from use – replace it every two to three years. If it cracks or is torn replace it earlier.

Children's mouthguards may need to be replaced as the child grows.

Bring your mouthguard to your dental visits to have it checked.



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