

TIPS AND TRICKS MOUTH GUARDS



Mouth guards should be used by anyone, both children and adults who play contact sports such as football, boxing, soccer, ice hockey, basketball, lacrosse, and field hockey



Even those participating in noncontact sports such as gymnastics and any recreational activity such as skateboarding or mountain biking that might pose a risk of injury to the mouth would benefit from wearing a protective mouth guard



Accidents can happen during any physical activity and the advantage of using a mouth guard during sports is to help limit the risk of mouth-related injuries to your lips, tongue, and the soft tissues of your mouth



Mouth guards also help to avoid chipped or broken teeth, nerve damage to a tooth, or even tooth loss



How To Care for Mouth Guards

- Rinse your mouth guard with cold water or with a mouth rinse before and after each use and/or clean it with toothpaste and a toothbrush.
- Occasionally clean the mouth guard in cool, soapy water and rinse it thoroughly.
- Place the mouth guard in a firm, perforated container to store or transport it. This permits air circulation and helps to prevent damage.
- Protect the mouth guard from high temperatures -- such as hot water, hot surfaces, or direct sunlight -- to minimize distorting its shape.
- Occasionally check the mouth guard for general wear. If you find holes or tears in it or if it becomes loose or causes discomfort, replace it.
- Bring the mouth guard to each regularly scheduled dental visit to have your dentist exam it.



Oral Health Kansas 2010
www.oralhealthkansas.org