



Mouth Guards

3 TYPES

CUSTOM MADE

- Personally made for you by your dentist
- Usually more expensive
- Individually created for comfort and unusual bites

BOIL AND BITE

- Can be found at most sporting goods stores and drugstores
- May offer a better fit than stock mouth guards
- First softened in hot, boiling water, cooled a bit, then inserted and adapted to the shape of your mouth

STOCK

- Inexpensive and come pre-formed, ready-to-wear
- Bulky and can make breathing and talking difficult
- Oftentimes, they don't fit very well

CARE AND MAINTENANCE

- Rinse before and after each use or brush with a toothbrush and toothpaste
- Clean your mouth guard regularly with cool, soapy water and rinse thoroughly
- Never leave your mouth guard in direct sunlight or hot water
- Store and transport your mouth guard in a sturdy container with vents to allow it to fully dry and keep bacteria from growing
- When you go to the dentist for your regular check-ups, be sure to bring your mouth guard for an evaluation by your dentist

REPLACEMENT

- Talk to your child's dentist about when is the right time to replace their mouth guard
- Replace immediately if the mouth guard is damaged, is showing signs of wear or is ill fitting
- Teens and children may need to replace mouth guards more often because their mouths are still growing



Kentucky Public Health

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Oral Health

Source:

American Dental Association. 2024. Mouth Healthy. Mouth guards. <https://www.mouthhealthy.org/all-topics-a-z/mouthguards/>