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

Reference: American Dental Association