



MOUTHGUARDS

- A mouthguard is cheap insurance against a dental injury
- For a mouthguard to be effective it needs to be covering your teeth at the time of the injury, which means it needs to fit well so it can stay in position
- Only custom made mouthguards can give you the best fit as they are made from an impression of your teeth
- Over-the-counter mouth guards rarely achieve the best protection as they do not perfectly fit your teeth
- Always carry your mouthguard in the case provided before and after use
- Do not leave the mouthguard in the sun or in a very hot place as it will lose its shape
- After use, clean mouthguard with toothpaste and cold water
- Dry the mouthguard before putting it back in the case