

Be a Legend Because of Your Game, Not Your Missing Teeth

Proper Use and Care of Your Sports Mouthguard Leads to a Better Smile



WHAT TO DO

1. Sports mouthguards are recommended for sport such as: ice and field hockey, football, rugby, martial arts, lacrosse, boxing, soccer and extreme sports to name a few;
2. Wear a sports mouthguard for practice and games;
3. The best sports mouthguards are made by a dental hygienist or other oral professional to fit your mouth perfectly;
4. Choose a coloured sports mouthguard so that it can be retrieved if lost on the playing field or ice;
5. Remove orthodontic retainers and other removable appliances before inserting your sports mouthguard;
6. If you have orthodontic braces (bands), a sports mouthguard will prevent wire cuts and lacerations;
7. Replace your sports mouthguard every 2 or 3 years or if it becomes torn or split or worn or no longer fits;
8. Rinse the sports mouthguard with cold water or with mouthrinse before and after each use. Clean with toothbrush and toothpaste;
9. Store and transport the sports mouthguard in a firm, perforated container to prevent damage and to provide adequate air circulation;
10. Bring the sports mouthguard to your dental hygiene visit to have it evaluated.



WHAT NOT TO DO

1. Don't chew on your sports mouthguard;
2. Don't use hot water to clean your sports mouthguard;
3. Don't leave your sports mouthguard in direct sunlight or in the glove box of a car. Extreme heat can alter the sports mouthguard material and decrease its effectiveness;
4. And finally – **DON'T SHARE YOUR SPORTS MOUTHGUARD!**

For more information: www.cdha.ca/mouthguards



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