

How do I care for my mouthguard?

- Rinse in cold water after use
- Store in a rigid plastic container
- Keep out of direct sunlight – mouthguards will change shape in high temperatures
- Occasionally rinse your mouthguard with mouthwash
- Have your mouthguard assessed by your dentist at your regular dental examination
- Replace your mouthguard if it gets damaged or does not fit correctly anymore

MOUTHGUARDS



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Creating Smiles with Care

There are many types of mouthguards available in Australia, ranging from cheap, over-the-counter types to professionally custom-fitted mouthguards.

The Australian Dental Association (ADA) has always strongly recommended wearing a custom-fitted mouthguard to ensure maximum protection. These are available from your dentist.

Over-the-counter mouthguards do not provide enough protection against injuries to your teeth, mouth or jaw. Dental injuries can be very costly, so it is worthwhile investing in a custom-fitted mouthguard.

Over-the-counter (boil and bite) mouthguards

Over-the-counter mouthguards are far less effective than those that are custom fitted. These mouthguards include stock mouthguards that do not require fitting, and mouthguards that can be placed in hot water and then self-fitted by biting into the mould.

These mouthguards usually provide a very minimal amount of protection as they are designed to fit as many mouths as possible. They move around a lot causing the wearer to clench together to try and keep it in place. This makes it hard to breathe, talk and focus.



Custom-fitted mouthguards

Custom-fitted mouthguards are made by your dentist, who takes an impression and creates a plaster model of your teeth. Custom-fitting allows your dentist to accurately assess your mouth and provide the best fitting mouthguard that is appropriate for you.

These mouthguards provide a better fit than other varieties, as they are made to suit your individual needs. When made by your dentist, a custom-fitted mouthguard is:

- Comfortable
- Well-fitting
- Allows you to speak clearly
- Won't shift or fall out
- Won't restrict your breathing

When should I wear a mouthguard?

Custom-fitted mouthguards should be worn whilst playing and training for any sport where there is a possibility of contact to the face. These sports can include hockey, football, netball, basketball and even skateboarding and skiing. Just like having the correct shoes and sporting equipment, all people playing these sports need to wear a custom-fitted mouthguard



How long will my mouthguard last?

It is important that you have your mouthguard assessed by your dentist at your regular dental examination to ensure it still fits correctly for maximum protection. You may need a replacement if your new, secondary adult teeth have come through or if your mouthguard has been damaged.