Ouch! Mouth injuries can happen with any physical activity.

Tooth, lip, cheek and tongue injuries can occur from the accidental elbow in the mouth in basketball to the unexpected tumble off a bicycle. Mouth guards are an important “insurance” as well as an important piece of equipment for players of all ages. Many experts recommend that a mouth guard be worn for any recreational activity—not just contact sports—that poses a risk of injury to the mouth...especially for athletes who wear braces.

Mouth guards are soft plastic and usually cover the upper teeth, which are most at risk for injury. The best mouth guard is one that the athlete will wear, so comfort is high on the list of requirements. Also consider the thickness and resiliency. There are three basic types:

1. **Stock** – They come preformed, ready to use and are the least expensive, but aren’t particularly comfortable and have no custom fit. These are the least protective type of guard and are probably not adequate for most contact sports.
Accidents Happen

continued from side one

2. **Boil and Bite** – These guards are made from a thermoplastic material that is dipped or soaked in boiling water, placed in the mouth and formed around the teeth to get a semi-custom fit. Follow individual instructions carefully as each brand has different requirements. These are found at most sporting goods stores.

3. **Custom** – These are made by your dentist from molds of your own teeth. They are the most comfortable and can often be personalized to the sport from protection to color.

Care of mouth guards includes storing in a hard shell container, avoiding extreme heat to prevent distortion, rinsing after wearing and occasionally brushing with soap or toothpaste to keep clean. Do not chew or continually clench down on the guard while in the mouth or it will wear prematurely.

Face or tooth injuries can be very expensive. A mouth guard can be good insurance to protect from unexpected injuries!

www.superiordental.com

**Superior Dental Care**
6683 Centerville Business Parkway, Centerville, Ohio 45459
Toll-free: 800.762.3159  Local: 937.438.0283  Fax: 937.438.0288
*Find us on LinkedIn, Facebook, and Twitter!*