

As parents of active children, we all know that accidents happen when children are participating in any type of activity. And because of that, protecting your child's teeth from injury by using a mouth guard can reduce the injury to your child's teeth, lips, or tongue and avoid chipped/broken teeth or even lost teeth!



Mouth guards help protect your child's teeth from injuries when playing sports. They should be worn every time you child takes part in contact sports – hockey, basketball, baseball, football – but your child will also benefit from wearing his or her mouth protector when riding bikes, skateboarding, or on the playground.

If you child wears braces, it's also important to protect his or her teeth from soft tissue injuries as well as the appliances fixed to the teeth.

Mouth guards are available in several forms that you can buy in most sporting goods or department stores. Your dentist will recommend the best option for your child.



- Ready to wear or stock mouth guards are fairly inexpensive. Dentists generally don't prefer these types as they typically don't fit well or provide the protection needed to save teeth from injury.
- Boil and bite guards are slightly more expensive. This type of protector is made of a plastic or acrylic that will soften when it's placed in hot water. When it's softened, it is pressed into place to shape around the teeth.

Custom-fitted dental mouth guards are individually made in your dentist's office. They are more expensive protectors, but since custom for your child, offer the most comfort and the best overall mouth and teeth protection.

#### Care of Your Mouth Guard

- Rinse the mouth guard and your mouth before and after each use
- Wash in cool, soapy water and rinse well
- Keep from high temperatures
- Check for wear areas or holes
- Store in a container that is firm and has perforations for air flow

