

PATIENT FACT SHEET: MOUTH GUARDS



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Protect your mouth from injury-custom-fitted Mouthguards

Sporting accidents are one of the most common causes of dental injury. Every year thousands of people, including children, are treated for dental injuries that could have been avoided or minimised by wearing a protective, custom-fitted mouthguard. A sports mouthguard made by your dentist (custom-fitted) is recommended by dentists and the Australian Dental Association (ADA).

When should I wear a mouthguard?

A sports mouthguard is a thick, often spongy shield that fits over your teeth. Mouthguards are usually worn during sports and other activities that involve an elevated risk of impact to the face.

What is a sports 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, netball, baseball, football, soccer, 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 to properly care for your sports mouthguard

- Before and after using a sports mouthguard, rinse it or brush it with a toothbrush or specific brush your dentist has provided. Then allow it to air-dry.
- On occasion, clean the mouthguard with cool, soapy water and rinse thoroughly. When not in use, your sports mouth guard should be kept in a cool place and stored in a plastic container with vents that allow air to circulate.
- Most importantly, remember to bring it home after the game. If it is left in the car, for example, the heat can destroy the shape, rendering it useless.
- Keep an eye out for any wear or tear as this will indicate the need for replacement.

The ADA urges everyone engaging in contact sports to make sure mouthguards are custom-made and checked regularly by a dentist to make sure they fit correctly.