

Custom Sports Mouthguards

Dental injuries can be both painful and expensive. Playing sports without a mouthguard puts you at risk for chipping teeth or having one knocked out. Protecting your smile and mouth with a custom-fitted mouthguard dramatically reduces these risks as well as concussions. Not all mouthguards are created equal. Boil and bite types often do not fit well and give a false sense of protection. Boil and bite types interfere with breathing and speaking since the jaw must be closed to keep it in place. Only mouthguards made by your dentist can give a custom, snug fit ensuring it will stay in place with an open mouth. A properly fitted mouth protector will stay in place while you are wearing it, making it easy for you to talk and breathe. Mouthguards are recommended for all ages, whether you're mountain biking, playing hockey, soccer or school sports. Often we can make your custom fitting mouthguard while you wait.

Caring for your mouthguard:

A mouthguard should be reviewed every 12 months by your dentist to ensure it continues to fit correctly. A mouthguard may need to be replaced if major changes occur to the teeth like restorations or loss of teeth. Children's mouthguards need to be changed more frequently as their mouth can change when they grow or when adult teeth push through.

Mouthguards need to be rinsed in cold, soapy water after use, dried and stored in a plastic container. As mouthguards can distort under higher temperatures, they should be kept in a cool place. Also, beware of pets chewing these up.