

# MOUTHGUARD AWARENESS

## Factsheet

[www.mouthguardawareness.info](http://www.mouthguardawareness.info)



## Which type of mouthguard should I wear?

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) strongly recommends 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.

### 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 most appropriate for you.

Custom-fitted 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

### 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.

### How long will my mouthguard last?

It's important that you have your mouthguard assessed by your dentist at your regular dental check-up 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.

### 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 in a mouthwash
- Have your mouthguard assessed by your dentist at your regular dental check-up
- Replace your mouthguard if it gets damaged

For more information on mouthguards and protecting teeth, visit: [www.mouthguardawareness.info](http://www.mouthguardawareness.info)

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