



*Dental hygienists:
Your partners in oral
and overall health*



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Mouthguards protect more than your mouth

A PROPERLY FITTED MOUTHGUARD CAN PREVENT A RANGE OF INJURIES

It's widely recognized that mouthguards can prevent broken teeth in both children and adults. What many don't realize, however, is a mouthguard's effectiveness in preventing a host of sport-related mouth and facial injuries.

The Canadian Dental Hygienists Association recommends mouthguards be used by players in practices and games in a range of contact and non-contact, competitive and non-competitive sports. They include, but are not limited to

- ice hockey
- field hockey
- football
- wrestling
- boxing
- martial arts
- basketball
- skiing
- bicycling
- soccer
- softball
- lacrosse
- rugby
- in-line skating
- skateboarding

MOUTHGUARDS CAN PREVENT INJURIES. PLEASE USE THEM.

DO'S

- Do use a properly constructed mouthguard fabricated by a dental hygienist.
- Do consider a coloured mouthguard as it may be easier to find than a clear one on a playing field.
- Do rinse your mouthguard with cold water or with a mouthwash before and after each use. To properly clean it, use toothpaste and a toothbrush or clean it in cool, soapy water and rinse thoroughly.
- Do store and transport your mouthguard in a firm, perforated container to prevent damage and permit air circulation.
- Do remove retainers and other removable dental appliances such as orthodontic retainers, removable bridges, or dentures (complete or partial) before inserting your mouthguard.
- Do replace your mouthguard every two to three years under normal use. Earlier replacement is recommended if it becomes cracked, torn or split, or if the fit deteriorates, significant wear appears, or there is unsatisfactory retention. If your mouthguard absorbs a strong blow, it may need to be replaced immediately.
- Do bring your mouthguard to each dental hygiene visit to have it evaluated.

DON'TS

- Don't chew on your mouthguard, use hot water to clean it, leave it in direct sunlight or alter the mouthguard in any way. This will affect the fit and may damage it or decrease its effectiveness.
- Don't share your mouthguard with others.
- Don't close the mouthguard container until your freshly washed mouthguard is dry.

TAKE CARE OF YOUR MOUTHGUARD AND IT WILL TAKE CARE OF YOU!