

protect your mouth

Play defense for your smile when you play sports.

You likely protect other parts of your body when you play sports - you might wear kneepads, elbow pads or even a helmet. Make sure you keep your teeth safe, too! Pledge to wear your mouthguard for every practice and game. When you do, color a mouthguard below.



I, _____, pledge to wear my mouthguard for every practice and game.



protect your mouth

You're a star on the field (or court or track), so make sure your smile shines, too. That means protecting your pearly whites when playing sports.

When should I wear a mouthguard?

If you play a sport where a ball or equipment could hit your face, a player could run into you, or you could fall down and hit your head, you should wear a mouthguard to protect your teeth, gums and even your jaw from injury.

That includes sports like football, soccer, baseball, softball, basketball, hockey, skateboarding, volleyball, gymnastics and more - any activity that poses a risk to teeth through falls or contact with other players or sports equipment. Mouthguards also help prevent your lips and cheeks from getting cut or injured.



Check out the back of this flyer for more mouthguard tips. ➡

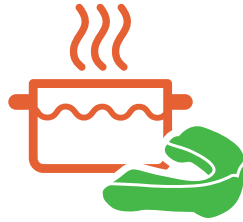
What kind of mouthguard should I get?

There are three main types of mouthguards:



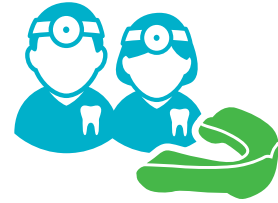
Stock

These are mouthguards you can buy at the store that don't fit your teeth exactly.



"Boil and bite"

This mouthguard is dropped in hot water to make it soft, then you bite into it so it fits your mouth better.



Custom-made

This type of mouthguard is made by your dentist for a perfect fit.

How do I take care of my mouthguard?

To make sure your mouthguard works as well as it should, you'll have to clean it and store it carefully.

Do not



Don't expose your mouthguard to direct sunlight. Letting your mouthguard get too hot can change its shape.



Never leave your mouthguard in a closed car for the same reason. It could melt!



Never wear someone else's mouthguard. Sharing germs and bacteria is a bad idea.

Do



Occasionally clean it with soap and cold water.



Store it in a well-ventilated plastic box. A box that lets air in will help your mouthguard dry properly.



Rinse your mouthguard with cold water after each use to help clean it off.



Follow these tips and your smile is sure to stay strong and healthy - on and off the field!