



Mouth Guards Offer Truly Better Protection

During a single athletic season, you have a 1 in 10 chance of suffering a facial or dental injury. A mouth guard is a flexible plastic protective device that cushions your teeth and significantly helps reduce oral injuries. You should always wear a mouth guard during sports or activities where you may come in contact with other players or hard surfaces, such as basketball, football, hockey, soccer and skateboarding.

Mouth guards help protect against:

- Broken, chipped and knocked out teeth
- Cuts and bruises on the tongue, cheeks, gums and lips
- Bone fractures and other injuries to the head, neck or jaw

Types of mouth guards:



CUSTOM-FITTED mouth guards are highly recommended as they are the most effective option. Made by your dentist, this type of mouth guard offers the best fit and comfort because it is made from a cast to fit your teeth. While they are more expensive than the store-bought variety, they provide the greatest protection – making it well worth the price for your safety and peace of mind.



MOUTH-FORMED (BOIL-AND-BITE) mouth guards are available in most sporting goods stores and are relatively inexpensive. When placed in hot water they become soft. You then bite into it firmly, and it forms to your mouth. Compared to custom-made mouth guards, the fit is not as accurate, and they may not last as long.



STOCK (READY-MADE) mouth guards are the most inexpensive and easy-to-find option. You can purchase these at any sporting goods stores, and they come pre-formed and ready to wear. These are one-size-fits-all, so they cannot be adjusted to custom fit your mouth. Often, they are loose and bulky and may interfere with speaking or breathing.



How to properly care for your mouth guard:

- **Clean** with a toothbrush and toothpaste
- **Rinse** with cold water before and after each use
- In-between uses, **soak overnight** in alcohol-free mouthwash
- **Keep** in a well-ventilated plastic storage case
- **Avoid** leaving in direct sunlight or in a hot car
- **Replace** each sports season
- **Call your dentist** if you have any issues with a custom-fit mouth guard

For more information, talk with your dentist at your next checkup or visit [truassure.com](https://www.truassure.com).

