

Factsheet

Sports mouthguards

Dentists
recommend
custom-fitted
mouthguards

Mouthguards protect teeth from damage when playing sports. They should be worn during training and sporting games.

Who needs a mouthguard?

All children and adults are recommended to wear a mouthguard when playing contact sports.

Some sports may not be called a contact sport but there is a high risk of injury to the teeth and mouth. It is important to wear a mouthguard for these sports too.

How to look after your mouthguard

- Clean your mouthguard with cool water and liquid hand soap.
- Store it in a protective case.
- Write your name on your mouthguard and its case.
- Do not put your mouthguard in boiling water or leave it in the sun. This can make it change shape.
- Do not chew on your mouthguard.

Watch this
mouthguard
pro tip video ▶



Store-bought mouthguard

- Often fit poorly
- Provide less protection
- Can affect speech and breathing

Custom mouthguard

- Comfortable
- Easy to breath & speak
- Stays securely in place
- Greatest level of protection

Types of damage that can happen

- Teeth can be cracked or fractured.
- Teeth can be knocked completely out of the mouth.
- Teeth can be moved backwards, forwards, or sideways in the mouth, making them look crooked.
- The nerves inside teeth can be damaged and slowly die.
- The jaw bone can be fractured.
- The tongue, lips or gums can become cut, bruised or swollen.

These injuries can lead to dental treatment for the rest of your life.

Steps to get a custom-fitted mouthguard

Step 1 Your dentist will take a mold of your teeth or scan your teeth with a 3D scanner to make a 3D model of your teeth.

Step 2 A mouthguard is made using your 3D model so it will only fit your teeth.

Step 3 Pick up your mouthguard. Your dentist will check that it stays in place and protects your teeth well.

Step 4 Wear your mouthguard at every training session and during every game.

