

REMEMBER:

- * If you participate in sports you have a good chance of an injury to your face or mouth.
 - * You can prevent these injuries.
 - * Buy a mouthguard and wear it!
- or
- * Contact your dentist about making a custom mouthguard.



Nashville Area Dental Support Center
United South and Eastern Tribes, Inc.
711 Stewarts Ferry Pike
Nashville, TN 37214

MOUTHGUARDS



CHOOSE ONE

USE ONE

What is a mouthguard?

A mouthguard is a horseshoe shaped, soft plastic device that fits over the upper teeth.



Who should wear one?

Anyone who participates in any of these activities:

Acrobatics	Basketball
Discus throwing	Field Hockey
Gymnastics	Handball
Lacrosse	Martial Arts
Racquetball	Rodeo
Rugby	Shotputting
Skateboarding	Skiing
Skydiving	Soccer
Squash	Surfing
Volleyball	Water Polo
Weightlifting	Wrestling



Where Can I Get A Mouthguard?

A Stock Mouthguard

is available at all sporting goods stores. Just put it in your mouth and bite down.

These are low cost but may be bulky and uncomfortable.

A Boil and Bite Mouthguard

is also available at sporting goods stores. You can shape it to your mouth by softening it in boiling water and when it is cool enough, you bite into it.

These are also low cost and fit better than a stock type, but still may be bulky and a little uncomfortable.

A Custom Mouthguard

is available at your dentist. This will provide the best protection against mouth injuries and is the most comfortable.