



## Mouthguards

### **It Starts with Good Protection.**

- ❖ Mouthguards are recommended for people who grind or clench their teeth while sleeping or participate in any sport or activity where one could sustain an injury to the mouth or teeth.

### **Why are mouthguards important?**

- ❖ A properly fitted mouthguard will help to protect you from broken teeth or lip, tongue, face, and jaw injuries.
- ❖ They will also help you to breath properly during your activity.
- ❖ Most mouthguards are fine, however ones fitted by your dentist will offer you the highest level of protection and are of higher quality than store bought brands.

### **Will the mouthguard affect my speech?**

- ❖ Because custom fit mouthguards are more precisely fit than boil and bite mouthguards, they will allow you to talk and communicate more clearly.

### **Will my mouthguard be comfortable?**

- ❖ Many store bought mouthguards fit loose or too tight. This will make them very uncomfortable. Our mouthguards are custom made, feel more natural to the mouth and stay in place.

### **Will my breathing be restricted?**

- ❖ Store bought mouthguards tend to reduce airflow by up to 25%, this leads to decreased performance. Our mouthguards are custom fitted and allow for normal airflow to occur.