



Mouthguards



What? Soft rubber overlays of the teeth worn during sports

Why?

- They prevent injuries to teeth, lips, cheeks, tongue, and jaws
- They cushion the blow to the jaw that might otherwise cause a fracture
- They prevent concussion injuries to the head

Care?

- After each use – clean in cold, soapy water, and rinse thoroughly
- Store in a moist container
- Rinse with water or mouthwash before insertion
- Check periodically to see if there are any tears or rough spots that could irritate your gums

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