

Sports Mouth Guards



Protect your teeth, your lips, and your face by wearing a mouth guard during sports practice and games. In addition to reducing the risk of mouth-related injuries, mouth guards also help prevent some concussions because they absorb shock and limit movement caused by a direct hit to the jaw.



Types of Sports Mouth Guards

- Over-the-Counter - (pre-formed or stock mouth guards and boil & bite mouth guards)
 - can be found in sporting goods stores or online
 - less expensive, one-size fits all
 - tends to be rather bulky, making it less comfortable and difficult to speak
 - leading brands include the Shock Doctor™ and Mogo™
- Custom-fit mouth guards
 - can be made by family dentist or orthodontist
 - more comfortable and less bulky, making it less likely to affect speech
 - tends to be more expensive