

ATHLETIC MOUTH GUARDS

It is commonly known that the teeth need protection when we are involved in contact sports. The sudden collision of the upper and lower teeth or the interception of a blow against the front teeth can cause damage which may affect the mouth for the rest of our lives. It may be costly and time consuming to repair the teeth. It therefore makes sense to wear a protective sports mouth-guard.



Phil MaCavity says "Just Floss 'Em"

There are basically two types mouth-guards: the boil and bite type which is inexpensive and has drawbacks, or the custom made type which provides the best protection and remains in place during the most critical times of need. The boil and bite type are often uncomfortable and frequently interfere with the athlete's breathing and speaking ability. Research has shown that the boil and bite mouth-guards tend to fall out and be displaced during heightened moments of aggressive play. Extensive footage from NFL games has shown this to be the case, and as a result, injuries have occurred. They also give a false sense of protection due to the dramatic decrease in thickness when the athlete bites it into place when preparing it.

I only recommend the custom fabricated mouth-guards which fit closely and remain in place unless deliberately removed. They are available in a variety of colors, designs and of different thickness to withstand the types of impact likely to occur in different sporting activities. Because children grow, their mouth-guards will last only one season. Adult mouth-guards when properly maintained, can provide satisfactory service for many years.

Great care is taken in the design and the fabrication of an athletic-guard. We want you to enjoy using this device for the longest possible time. The following information will help you obtain the best results.

CLEANING Rinse off your mouth-guard after use. It can be sanitized by cleaning it carefully using a soft scrubbing brush or toothbrush with soap and water. **Do not use bleach or abrasives or chlorine.** These chemicals damage the material. **Do not use hot water** as it may cause distortion. Periodically you should use effervescent cleaners (such as Efferdent or Polident) there are many good products available. Leave your mouth-guard soaking for at least 20 minutes during the day, or when not in use.

STORAGE Whenever your Mouth-Guard is not in your mouth it should be kept in its special container.

MAINTENANCE Wear your athletic guard as directed and have it checked at least once a year for adults, and every season for young athletes under twenty two, sometimes more frequently. Please see us as regularly. A lot of harm can be done by failing to intercept a small irregularity in a timely fashion. Let us take the worry out of depending on man-made appliances. The body is constantly changing and remodeling. When this happens in the mouth the athletic guard may no longer fit well. . If dental work does not fit correctly it invariably contributes to a harmful result.

Never leave your dental appliances in tissue. They get lost that way! We want you to be happy with your teeth. Let us help you. - Thank you.

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