

Mouthguards

Use a mouthguard during any activity that could result in a blow to the face or mouth. A properly fitted mouthguard can help prevent broken teeth and injuries to the lips, tongue, face or jaw. It will stay in place while you are wearing it, making it easy for you to talk and breath.

Ask your dentist about having a custom mouthguard made specifically for you. This will fit well and offer the best protection for your smile.