



Mouthguard Magic



You should be outside and active this summer! However, many sporty activities put your teeth at risk, so you should always wear a mouthguard. Discover the different types of mouthguards so that you can best keep your teeth safe!

There are three types:

Stock



Boil-and-Bite



Custom-Made



Stock mouthguards are ones you can buy at the store. This type is the cheapest, but they're also the least effective type due to the limited sizing.

Boil-and-Bite mouthguards are available at sporting goods stores, but are heated and then cooled before being put in the mouth for a custom fit. If fitted correctly, this type can be very effective.

Custom-made mouthguards are fully customizable and made in a dental office or lab. These are thought to be the most effective, but the other types can be just as effective if fit right.

Use the mouthguard type that is right for you so you can avoid losing teeth, hurting your jaw, cutting your lips, or biting your tongue!