A mouthguard is a horseshoe-shaped, soft plastic device used to protect the teeth, lips, gums and cheeks from injuries that occur when playing many different sports.

The American Dental Association (ADA) reports that there are more than two million incidents of knocked-out teeth each year in the U.S. Many of these incidents are sports related.

Mouthguards have been found to prevent more than 200,000 mouth injuries a year.

Several studies suggest that mouthguards also reduce the number of concussions by decreasing the force of impact.

There are three types of mouthguards:
- Stock - ready to wear
- Mouth formed - boil first and then bite to fit
- Custom made - made by a dental professional from an impression of your teeth

Mouthguards can range in price from $1.00 to $100.00. The money they can save you from repairing injuries to your mouth is well worth the investment.

After using a mouthguard, it should be rinsed with water and stored in a rigid container with holes in it to allow the mouthguard to dry. Mouthguards can last for more than one season when cared for properly.

The American Dental Association and other sports dentistry groups recommend the use of mouthguards in all organized team sports where a mouth injury can occur. This includes football, soccer, baseball, softball, basketball, volleyball, and wrestling.