Mouthguards should be worn for all contact sports. Even at training!

Remember - proper sports gear includes proper mouth protection.
How do I get a mouth guard?

Wear a mouthguard when playing contact sports like:

- football  > hockey  > martial arts
- netball  > rugby  > soccer
- basketball  > boxing  > skateboarding

Some sports, such as cricket, need a full-faced helmet or face guard to protect teeth.

Your oral health professional can make you a custom mouthguard. OR you can buy a low cost do-it-yourself kit from a chemist or sports store.

Seek immediate dental advice for knocked out teeth or mouth injuries. For dental emergencies call: 1300 360 054*. Country callers can call: 1800 833 039.

When you play outside, wear an SPF 30+ broad spectrum lip balm and sunscreen to help protect against skin cancer.

*standard call charges apply

Contact Sports = Mouthguards

Remember

Also