

# WHAT TO KNOW ABOUT DENTAL INJURIES



Athletes who don't wear mouthguards are

**1.6 - 1.9  
TIMES**

more likely to sustain an oral or dental injury.

Treatment of dental and oral injuries can cost upwards of



over an individual's lifetime.

**APPROXIMATELY**

**39%**

of dental injuries in the United States are sports related.

The National Federation of State High School Associations requires fitted mouthguards for



FIELD HOCKEY

FOOTBALL

ICE HOCKEY

LACROSSE

WRESTLING

*Mouthguards are only mandatory for wrestling if the athlete wears braces or an orthodontic device.*

**THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION REQUIRES FITTED MOUTHGUARDS FOR FIELD HOCKEY, FOOTBALL, ICE HOCKEY AND LACROSSE.**

**WEARING A MOUTHGUARD WILL NOT AFFECT AN ATHLETE'S ABILITY TO BREATHE.**

**! ATHLETES SHOULD WEAR A MOUTHGUARD** when participating in sports, even if it's not required.

## DENTAL INJURIES FALL INTO THREE CATEGORIES:



**A PROPERLY FITTED MOUTHGUARD CAN PROTECT** by splinting the teeth and dissipating energy.

**IF YOU SUSPECT A DENTAL OR ORAL INJURY**

**REPORT ANY DENTAL INJURIES TO YOUR ATHLETIC TRAINER, TEAM PHYSICIAN OR HEALTH CARE PROVIDER IMMEDIATELY.**

**A TOOTH COMPLETELY REMOVED FROM THE SOCKET**

should be re-planted within 5-10 minutes or submerged in a storage medium, such as low-fat milk, until it can be replanted by a medical expert.

## MOUTHGUARD CARE TIPS

**CLEAN YOUR MOUTHGUARD** with lukewarm water and a mild antimicrobial agent before and after use.

**STORE YOUR MOUTHGUARD** in a clean, rigid, ventilated plastic container.

**DON'T EXPOSE YOUR MOUTHGUARD TO HEAT** sources or direct sunlight for long periods of time.

**EXAMINE YOUR MOUTHGUARD DAILY** for fit and any damage, such as tears or loss of resiliency.

**REPLACE YOUR MOUTHGUARD** if it is damaged or becomes loose.