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.

The National Federation of State High School Associations requires fitted mouthguards for:
- Field Hockey
- Football
- Ice Hockey
- Lacrosse

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
- Lacrosse

Dental injuries fall into three categories:
1. Tooth Fractures
2. Root Fractures
3. Tooth Displacement Injuries

A properly fitted mouthguard can protect by splinting the teeth and dissipating energy.

If you suspect a dental or oral injury, report it 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.

Average treatment of dental and oral injuries can cost upwards of $15,000 over an individual’s lifetime.

Approximately 39% of dental injuries in the United States are sports related.

In 2010, the total cost of dental injuries over an individual’s lifetime was estimated to be $15,000.

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.

Source: National Athletic Trainers’ Association  
Infographic provided by the National Athletic Trainers’ Association