

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



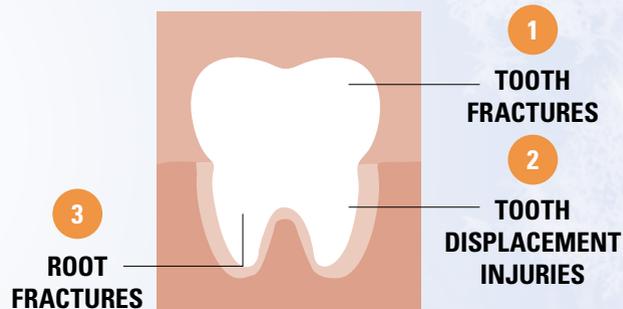
Mouthguards are only mandatory for wrestling if the athlete wears braces or an orthodontic device.

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.