

ATHLETIC MOUTHGUARDS and DENTAL TRAUMA

The use of an athletic mouthguard is essential when playing contact sports. Mouthguards that fit properly minimize the chance of getting a concussion and breaking or knocking out teeth. A well fitting mouthguard stays in place therefore allows better breathing.

There are several types of mouthguards. For children 14 and under, Dr. Bond recommends a boil fit mouthguard. It should be re-boiled once a week and replace at least once a month. If one has braces, a special fit mouthguard is available. Once all permanent teeth have erupted, Dr. Bond recommends a custom fit mouthguard fabricated by a dental office.

If a tooth or teeth break, it is important to find the broken piece(s) and get to a dentist immediately. The broken piece(s) can be transported in a container of water or wrap in a wet paper towel..

If a tooth or teeth are displaced, it is best to get to a qualified professional immediately. If one is not available, tooth or teeth can be molded back to original position using a gloved hand and gauze. See a dentist as soon as possible.

Time is critical if a tooth is knocked out. Place tooth in container of water or wrap in a wet paper towel and get to a dentist immediately. **DO NOT** place broken or avulsed tooth/teeth in saliva (in a container or in the mouth) or in milk.

Mouthguards should be worn during games and practice. It only works if is properly in place. Time is critical with any trauma dental emergency.