ESSENTIAL FACTS ON

DENTAL INJURIES



Athletes without mouthguards are

1.6 – 1.9 TIMES

more likely to suffer oral or dental injuries.

Care for dental and oral injuries can cost over



during a person's lifetime.

ABOUT 39%

of U.S. dental injuries are sports related.

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



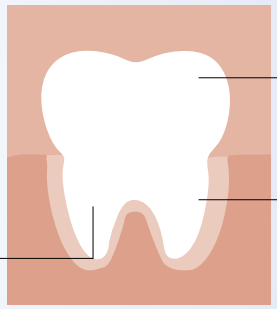
Wrestling rules require mouthguards only with braces or an orthodontic device.

THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION MANDATES FITTED MOUTHGUARDS IN FIELD HOCKEY, FOOTBALL, ICE HOCKEY AND LACROSSE.

WEARING A MOUTHGUARD DOES NOT IMPAIR AN ATHLETE'S BREATHING.

ATHLETES SHOULD USE A MOUTHGUARD during sports, even when one is not required.

DENTAL INJURIES HAVE THREE TYPES:



A WELL-FITTED MOUTHGUARD OFFERS PROTECTION by splinting teeth and dispersing energy.

FOR A SUSPECTED **DENTAL OR ORAL INJURY**

REPORT ALL DENTAL INJURIES TO YOUR ATHLETIC TRAINER, TEAM PHYSICIAN OR HEALTH CARE PROVIDER AT ONCE.

A TOOTH FULLY DISLODGED FROM ITS SOCKET should be replanted within 5-10 minutes or submerged in a medium such as low-fat milk until a medical expert can replant it.

MOUTHGUARD CARE GUIDE

WASH YOUR MOUTHGUARD in lukewarm water with a mild antimicrobial agent before and after use.

KEEP YOUR MOUTHGUARD in a clean, rigid, ventilated plastic case.

DON'T LEAVE YOUR MOUTHGUARD NEAR HEAT sources or in direct sunlight for long periods.

CHECK YOUR MOUTHGUARD DAILY for a proper fit, tears, other damage or lost resilience.

GET A NEW MOUTHGUARD if yours is damaged or fits loosely.

Source and infographic: National Athletic Trainers' Association