Remember:

- You can prevent injuries to the mouth, face and neck.
- Buy a *mouthguard* and make sure you wear it!
- Call the Maine Oral Health Program if you need more information or help about *mouthguards.*

Phone (207) 287-2361 TTY (207) 287-8015

**DHHS**

**Non-Discrimination Notice**

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS’ ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

**To order additional copies of this publication, or if you have questions about the content, please call:** the Oral Health Program at 207-287-3121, TTY users call Maine relay 711.

Revised 07/2013
Who should wear mouthguards?
Anyone who plays a sport where the mouth may be hit should wear a mouthguard. Do you or your child play any of these sports?

- Baseball/Softball
- Ice/Field Hockey
- Racquetball
- Football
- Gymnastics
- Handball
- Martial Arts
- Basketball
- Lacrosse
- Skateboarding
- Wrestling
- Volleyball
- Skiing
- Boxing
- Tennis
- Soccer

What do mouthguards do?
Mouthguards help prevent injuries to the mouth, teeth, lips, cheeks and tongue. Children, teens and adults can be hurt in these areas when they play sports. Mouthguards soften the impact of blows to the face, head and neck.

Dental injuries are costly.
Injuries are expensive. Mouthguards cost much less - some cost only a few dollars.

<table>
<thead>
<tr>
<th>Injury</th>
<th>Cost to Treat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruised or bleeding mouth</td>
<td>$150.00</td>
</tr>
<tr>
<td>Chipped tooth</td>
<td>150.00</td>
</tr>
<tr>
<td>Broken tooth</td>
<td>1,200.00</td>
</tr>
<tr>
<td>Loss of permanent (adult) tooth</td>
<td>2,000.00</td>
</tr>
<tr>
<td>Injuries to the head and neck</td>
<td>1,500.00</td>
</tr>
</tbody>
</table>

Choose the Right Mouthguard
Mouthguards are made of U-shaped, molded plastic. They fit over the upper teeth.

There are 3 types:

1. A **stock mouthguard** is ready to use. Just put it in your mouth and bite down with your teeth. Your jaw must be closed shut to hold it in place.
   
   **Good Points:** Low cost, ready to use, easy to buy at a sports store
   **Bad Points:** Bulky, not comfortable, hard to speak and breath

2. A **boil and bite mouthguard** provides a better fit than the stock mouthguard. You shape it to fit your own mouth by boiling and biting it.
   
   **Good Points:** Low cost, easy to buy at a sports store, better fit
   **Bad Points:** You must fit it to your own mouth and this can be tricky

3. A **custom-made mouthguard** provides the best protection against injuries. A dentist makes this and fits it to your mouth.
   
   **Good Points:** Comfortable, easy to talk and breathe, best protection
   **Bad Points:** Cost - check with your dentist