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

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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.
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