

## 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 TYY (207) 287-8015



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# Mouthguards

## Don't Play Without One



You can prevent  
dental injuries.



### 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	Lacrosse
Ice/Field Hockey	Skateboarding
Racquetball	Wrestling
Football	Volleyball
Gymnastics	Skiing
Handball	Boxing
Martial Arts	Tennis
Basketball	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.

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

## 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