

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