

Mouthguards



Don't play without one.



You Can Prevent Dental Injuries

Who should wear mouthguards?

Anyone, **male or female**, who plays a sport where the mouth may be hit, should wear a mouthguard. Do you or your child(ren) play any of these sports?

Baseball/Softball
Ice Hockey
Soccer
Football
Gymnastics
Handball
Martial Arts
Basketball

LaCrosse
Skateboarding
Wrestling
Volleyball
Trick Bicycling
Boxing
Racquetball
Riding Scooters



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 or broken tooth	\$250.00
Loss of permanent (adult) teeth	\$950.00

Choose the right mouthguard.

Mouthguards are U-Shaped, molded plastic and fit over the upper teeth. Why only the upper teeth? A mouthguard that fits over the upper and lower teeth makes it too hard to breathe and you will quit wearing it.

There are three types of mouthguards:

A **stock mouthguard** is ready to use. Just put it in your mouth and bite down with your teeth.



Mouthguards you fit yourself. There are two types. One is a boil and bite. The other has materials you pour into a U-shaped piece of plastic; then you bite down while it hardens. Don't worry, it won't stick to your teeth. Both types are easy to fit to your mouth. Both work well and they only cost a few dollars.

A **mouthguard made by a dentist** provides the best protection against injuries. The dentist fits it to your mouth. Being the best, it also costs more.

We like the mouthguards with the hardening material that you fit yourself **and** the ones made by a dentist. They both stay in your mouth better and let you breathe and talk easier. But, whichever type of mouthguard you choose, your teeth will be a lot safer.



So remember, there's no reason you have to have holes in your smile because you like to participate in sports.

Choose a mouthguard and use it.

Remember

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

Phone: 304-558-5388 or
Toll Free in WV
1-800-642-8522 or
1-800-642-9704



West Virginia Department of Health and Human Resources
Bureau for Public Health
Office of Maternal, Child and Family Health
Oral Health Program
Children's Dentistry Project
350 Capitol Street, Room 427
Charleston, West Virginia 25301-3714
(304) 558-5388 or 1-800-642-8522

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