

WHAT IS A MOUTHGUARD?

A mouthguard is a plastic appliance that is worn to protect your teeth when playing sports

WHY WEAR ONE?

- Over 5 million teeth worldwide get knocked out every year
- Sports accidents are the most common cause of facial injuries
- Mouthguards are an easy way to prevent such injuries from happening
- Although mouthguards may not prevent every injury, they will reduce the severity of injuries that do occur

PREVENTION OF INJURIES

- Cuts to the lips and cheeks
- Injuries to the jaw joint
- Broken or knocked out teeth
 - Concussion
 - Neck injuries

FAQS

WHICH SPORTS CAUSE THE MOST ACCIDENTS?

Skiing, rugby, soccer, netball, basketball, hockey, AFL

WHERE CAN I BUY ONE?

Your local dentist

WHEN DO I HAVE TO REPLACE IT?

Usually around once a year

DENTIST'S TIP

Not only should you wear your mouthguard during a sporting event, you should also wear one during training sessions – injuries most often happen during training!

WHY WEAR A MOUTHGUARD?

IF YOUR SCHOOL OR SPORTING CLUB WOULD LIKE A COPY OF THIS POSTER PLEASE CONTACT THE AUSTRALIAN DENTAL ASSOCIATION WA BRANCH ON 9211 5600.

WHO SHOULD WEAR ONE?

Anyone who plays sport with a risk of injury. This ranges from young children and teenagers to even adults

Remember, protecting your teeth doesn't just involve brushing and flossing

It is important to prevent injuries as well. Your teeth have to last you for the rest of your life so you need to protect them as the best that you can

TYPES OF MOUTHGUARDS



GENERIC 'STOCK' MOUTHGUARDS

- Poor fit
- No protection

'BOIL-AND-BITE' MOUTHGUARDS



- Good for one use only
- OK fit, little protection

CUSTOM MADE MOUTHGUARDS

- Made by your dentist
- Stronger
- Best protection
- Best fit
- Easier to talk
- More comfortable

CARE AND MAINTENANCE

HOW TO CLEAN
Wash with soap and warm (not hot) water

HOW TO STORE
Keep in box when not used



WHAT SHOULD YOU DO?

FIRST, remain calm

Find the tooth

Handle the tooth ONLY
by the **crown (white part)**

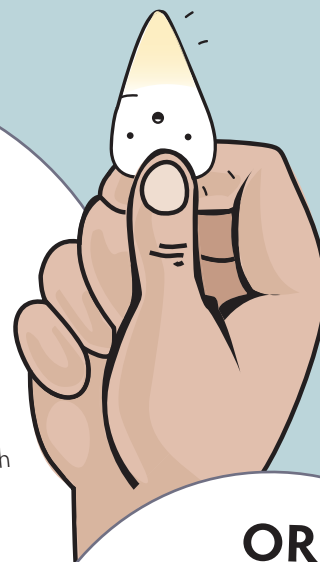
AVOID touching the
root (yellow part)

THEN

IF CLEAN, place the tooth back
in its socket (replant), root side in,
using other teeth as a guide

Have the patient **HOLD**
PRESSURE WITH FINGER or
bite on a clean cloth to hold in
place. Alternatively, you could
place aluminium foil over the teeth
to hold it in place

Seek **IMMEDIATE** dental
treatment, remember
TIME IS CRUCIAL



OR

IF DIRTY, clean the tooth
gently (clean the tooth by rinsing it
with milk or saliva) and place the tooth
back in its socket immediately

If available, rinse in **MILK**

If milk is not available, then have the
patient spit **SALIVA ON THE TOOTH**
to help clean it and replant immediately

Seek **IMMEDIATE**
dental treatment

IT'S A KNOCKOUT!

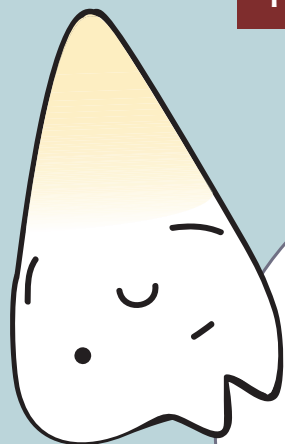
TEETH THAT ARE REPLANTED WITHIN 15 MINUTES HAVE THE BEST CHANCE OF SURVIVING

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WHAT IF THE TOOTH APPEARS BROKEN OR YOU ARE UNABLE TO REPLANT IT?

Place in **MILK** or cover tooth in
patient's saliva and cover in
PLASTIC WRAP

Seek **IMMEDIATE** dental treatment



DO NOT...

- Hold the root surface (yellow part)
- Store the tooth in water
- Rinse in water for more than a few seconds
- Scrape or rub the root surface
- Let the tooth dry out
- Delay seeking dental treatment