



MOUTHGUARDS

A mouthguard is a horseshoe-shaped, soft plastic device used to protect the teeth, lips, gums, and cheeks from injuries that can occur when playing many different sports.¹

A recent survey of high school interscholastic coaches revealed that mouth injuries (cut lips or broken teeth) are fairly common and that more than half of the athletes do not wear mouthguards.¹

Mouthguards have been found to prevent more than 200,000 mouth injuries a year in high school and college football.²

Several studies suggest that mouthguards reduce the number of concussions by decreasing the force of injuries.

There are three types of mouthguards:

1. Stock – ready to wear;
2. Mouth formed – boil first and then bite to fit; and
3. Custom made – made by a dental professional from an impression made of your teeth.¹

The cost of mouthguards ranges from \$1 to \$100. The money saved from preventing costly injuries to your mouth is well worth the investment.

After using a mouthguard, it should be rinsed with water and stored in a rigid container with holes in it to allow the mouthguard to dry. Mouthguards can last for more than one season when cared for properly.¹

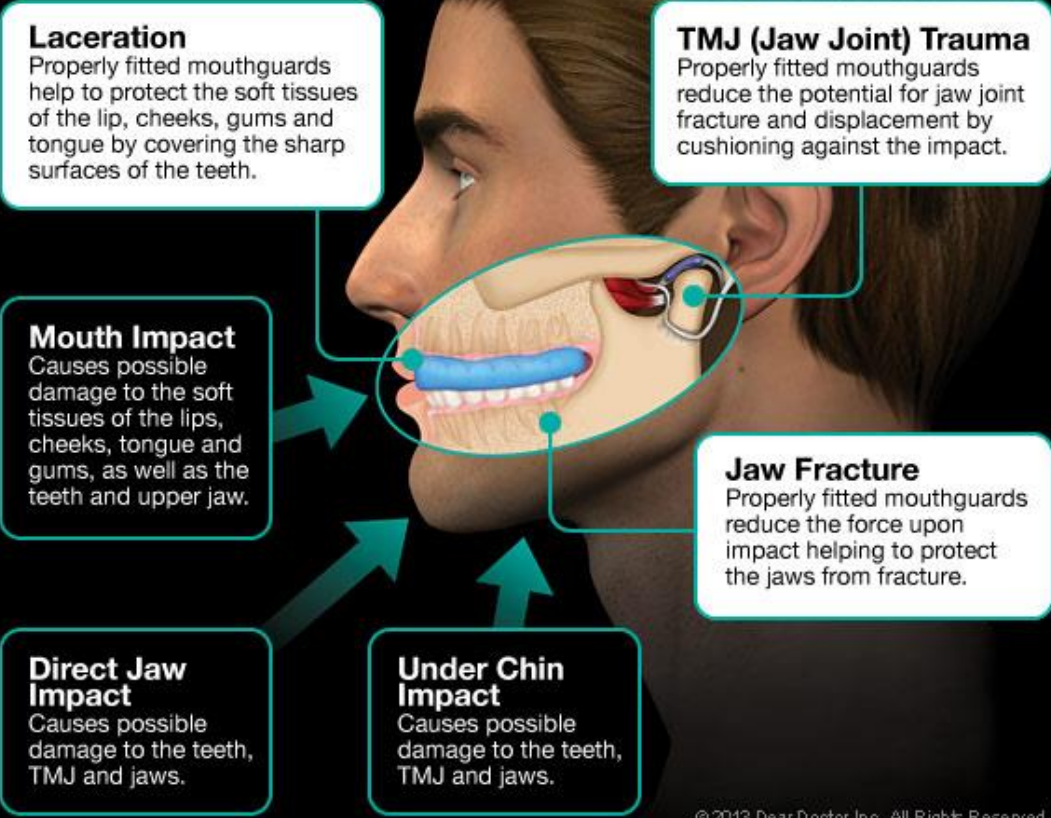
The American Dental Association and other sports dentistry groups recommend the use of mouthguards in all organized team sports where a mouth injury can occur. This includes football, soccer, baseball, softball, basketball, volleyball, and wrestling.

For more information, contact the Division of Public Health, Bureau of Oral Health and Dental Services, at 302-744-4554 and www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html.



How Mouthguards Help To Protect Athletes

Mouthguards are designed to absorb and distribute the forces of impact received while participating in athletic activities.



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Resources

1. Illinois Department of Public Health. *Oral Injury Prevention- Mouthguards*. Division of Oral Health Fact Sheet. Retrieved July 8th, 2016 from <http://www.idph.state.il.us/HealthWellness/oralhlth/oralinjury.htm>
2. American Dental Association. 2014. *Mouthguards*. In Mouth Healthy. Retrieved February 12, 2015 from: <http://www.mouthhealthy.org/en/az-topics/m/mouthguards>
3. How Mouthguards Help to Protect Athletes. 2013. [Illustration of How Mouthguard Protects Athletes]. Retrieved February 16, 2015 from: <http://www.thedentalcenterofthevalley.com/library/7662/MouthguardsforAdults.html>

24/7 Emergency Contact Number: 1-888-295-5156

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