

SURVIVAL OF THE SMARTEST

Reduce injury in sport, wear a custom-fitted mouthguard.



www.mouthguardawareness.info

Wear a mouthguard at play, to keep the dentist away

Every year thousands of people, including young children, are treated for dental injuries that could have been avoided or minimised by wearing a protective custom-fitted mouthguard. Sporting accidents are one of the most common causes of dental injury.

People of all ages, who are involved in sports and activities where there is a risk of contact to the face, should protect their teeth with a properly fitted mouthguard.

Why do you need a mouthguard?

Damaged or dislodged teeth, broken jaws and cut lips can be sustained when participating in contact sports. A mouthguard helps absorb and spread the impact of a blow to the face that might otherwise result in an injury to the mouth or jaw.

Dental injuries may result in time off school or work to recover, can be painful and disfiguring, and may involve lengthy and expensive dental treatment.

The cost of an injury to your teeth or jaw far exceeds the cost of a custom-fitted mouthguard.

When should I wear a mouthguard?

Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face. It is essential to wear a mouthguard while playing football, and also while playing any other sports where there is a chance of being hit in the jaw or head. These sports include hockey, netball, baseball, basketball and even skateboarding and skiing.

Other mouthguard tips

- The Australian Dental Association strongly recommends investing in a custom-fitted mouthguard from your dentist
- Have your mouthguard checked by your dentist every 12 months for optimal fit and protection
- Keep your mouthguard clean and store it in a rigid container, away from heat to ensure it maintains its shape

For more information on mouthguards and protecting teeth, visit:

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