

# Wear a mouthguard at play, to keep the injuries away

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

## Why do you need a mouthguard?

Damaged or knocked out teeth, broken jaws and cut lips can be sustained when playing sport. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to your face, which might otherwise result in an injury to your mouth or jaw.

Dental injuries can result in time off school or work. They can be painful and disfiguring, and may involve lengthy and complex dental treatment. The cost of injury to your teeth or jaw far exceeds the cost of a custom-fitted mouthguard.

## When should I wear a mouthguard?

Custom-fitted mouthguards should be worn whilst playing and training for any sport where there is a possibility of contact to the face. These sports can include hockey, netball, baseball, basketball and even skateboarding and skiing. Just like having the correct shoes and sporting equipment, all people playing these sports need to wear a custom-fitted mouthguard.

## Other mouthguard tips

- The Australian Dental Association strongly recommends investing in a custom-fitted mouthguard from your dentist.
- Have your mouthguard checked at your regular dental check-up to make sure it fits correctly and offers maximum 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: [www.mouthguardawareness.info](http://www.mouthguardawareness.info)

