

FACTS ABOUT SPORTS DENTAL INJURIES

Facts from the National Youth Sports Foundation for Safety

- Dental injuries are the most common type of orofacial injury caused by sports; the majority are preventable.
- An athlete is 60 times more likely to sustain damage to the teeth when not wearing a protective mouthguard.
- A [fractured tooth](#) is much more costly than a professionally made mouthguard designed by a dentist.
- Every athlete involved in contact sports has about a 10% chance of an orofacial injury per season, 33-56% chance during an athletic career.
- The cost to replant a tooth and the follow-up dental treatment is about \$5000.
- [If knocked out teeth](#) do not get properly preserved or replanted, the tooth may face lifetime dental costs of \$15,000-\$20,000/tooth, hours in the dental chair, and possibly incur more dental problems like periodontal disease.
- Faceguards and mouthguards [prevent](#) an estimated 200K injuries annually for high school and college football.
- The stock mouthguard, bought anywhere without any individual fitting, provide really low level of protection, if any. If the wearer is rendered unconscious, there is a risk the mouthguard could cause airway obstruction.

Facts from the American Dental Association & California Dental Association

- A properly fitted mouthguard reduces the chances of sustaining a concussion from a blow to the jaw.
- Mouthguards should be worn at all times during competition, in practice as well as in games.
- Contact your local dental society and association for information on dentists and mouthguard programs in your area.
- The American Dental Association recommends wearing custom mouthguards for the following sports: acrobats, basketball, boxing, all hockey-related sports, football, gymnastics, handball, lacrosse, martial arts, racquetball, rugby, shot putting, skateboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, weightlifting, wrestling.

THE MOUTH GUARD FIT IS IMPORTANT!

- A custom fitted mouth guard has a reduced risk of being knocked loose.
- Offers more protection and comfort.
- Athlete is more likely to wear a comfortable mouth guard that also allows him/her to speak during wear.
- Allows for easier breathing.
- A custom fitted mouth guard also protects jawbone and surrounding tissues, such as gums and lips.

Cross-section of tooth +root



Stock mouth guard or boil-and-bite mouth guard which does not fit well

Cross-section of tooth +root



Custom made mouth guard which fits well providing support