

# mouthguard awareness

## Why wear a mouthguard?

### Who should wear a mouthguard?

Anyone who participates in a sport that carries a risk of a knock to the face should wear a mouthguard.

This includes sports where contact is part of the game like football, boxing and rugby, and also collision sports where contact often happens but it is not expected or allowed. These include basketball, hockey, water polo, lacrosse, netball, baseball, softball, squash, soccer, BMX bike riding, horse riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping or batting without a helmet), water skiing and snow ski racing.

### Why you need a mouthguard?

A mouthguard helps absorb the shock experienced by a blow to the face that might otherwise result in an injury to the mouth or jaw. A heavy collision can result in chipped or broken teeth, internal damage to a tooth, tooth loss, injuries to the soft tissue of the mouth, and, in severe cases, concussion or a broken jaw.

Injuries like these can lead to long and potentially expensive treatment to restore the teeth and mouth back to normal function and appearance.

According to Australian research, sports injuries account for about one-third of traumatic injuries to teeth. The Sports Medicine Association reports that 50% of children experience some form of dental injury.

Statistics like these reinforce the importance of mouthguards.

Mouthguards, which typically cover the upper teeth, cushion a blow to the face, minimizing the risk of broken teeth and injuries to the soft tissues of the mouth. They also help reduce the risk of jaw fractures and concussion.

### When do I wear a mouthguard?

Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face.



AUSTRALIAN DENTAL ASSOCIATION INC.

For more information on mouthguards and protecting teeth,  
you can visit [www.ada.org.au](http://www.ada.org.au) or call ADA Inc. on (02) 9906 4412.