

# Sports and Dental Injuries

Participation in organized and recreational sports poses a great risk of dental injuries. Dental injuries are one of the most common types of injuries sustained by athletes. They are also one of the most preventable types of sports-related injuries. Wearing a well-fitted mouth guard is the best defense to preventing sports-related injuries.

## Types of Dental Injuries:

- lacerated or cut lips, cheeks, tongue
- bruised lips, cheeks, tongue
- broken, fractured or dislocated jaw
- broken or fractured teeth
- shifted or knocked out teeth

## Mouth guards:

- reduce the chance of a dental injury
- reduce the severity of a dental injury
- are available in sporting goods stores
- can be custom made by your dentist

## Helpful Tips for Protecting Your Smile:

- If the sport requires any type of protective equipment to be worn, include a mouth guard.
- If balls, sticks, pucks or physical contacts are involved, wear a mouth guard.
- Wear a mouth guard during practice and game time.

Mouth guards should fit comfortably and allow for easy breathing and speech.