

PERMANENT TOOTH KNOCKED OUT?

Time Is Critical!

Take the child to the dentist **IMMEDIATELY**. Many times the tooth can be put back in and saved if this is done within ONE HOUR.

Find the tooth. Hold it by the crown (top part). Gently rinse it off - do not clean or scrub it!

Place the tooth in a glass of milk or saline (whichever is available). If milk or saline are not available, place the tooth in plastic wrap, glass of water or wet towel.

**60 % OF FACIAL
INJURIES OCCUR DURING
SPORTS PRACTICE.**

HOW TO CHOOSE A MOUTH GUARD

A Mouth Guard Should

- * Not get in the way of speaking or breathing
- * Be easy to clean
- * Be comfortable
- * Fit properly
- * Be durable
- * Be flexible
- * Not tear



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Mouth Guards



How to Protect Your Child's Teeth!

Some tips for a healthy
smile from your Maryland
Department of Health and
Mental Hygiene

What is a Mouth Guard?

- ◇ A mouth guard is a flexible piece of plastic that fits around the upper teeth.
- ◇ A mouth guard should be worn when playing sports.

Mouth Guards are Important

Dental injuries are the most common type of injuries to the face. Half of all these injuries can be prevented.

In the United States, five million teeth are knocked out each year - mainly front teeth.



The cost to repair a broken tooth is more expensive than a mouth guard.

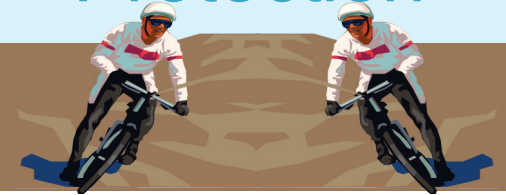
60 percent of facial injuries occur during sports practice.

Three Types of Mouth Guards

1. **Stock** These are inexpensive and come preformed, ready to wear. Unfortunately, they often do not fit very well. They can be bulky and can make breathing and talking difficult. These can be bought at many sporting good stores.
2. **Boil and Bite** These are the most commonly used. They should be softened in water, then inserted and allowed to adapt to the shape of the mouth. These can be bought at many sporting goods stores.
3. **Custom-Fitted** These are made by a dentist. They are more expensive than the other two types of mouth guards, but are the best at preventing injury.

By wearing a mouth guard, your child will be able to keep their teeth safe and enjoy participating in sports

Activities That Call for Mouth Protection



- Baseball
- Basketball
- Lacrosse
- Racquetball
- Soccer
- Field Hockey
- Gymnastics
- Football
- Water Polo
- Skateboarding
- Volleyball
- Martial Arts
- Bicycling
- Ice Hockey
- Squash
- Handball
- Roller Blading
- Boxing
- Wrestling

