



Mouthguards & Tooth Damage Prevention

DID YOU KNOW?

Approximately 1/3 of ALL dental injuries are related to sports

Athletes are 60 times more likely to damage teeth when not wearing a mouthguard

More than 5 million teeth are avulsed (knocked out) each year in the U.S. due to sports injuries and trauma

- 🦷 In certain cases these avulsions (knocked out teeth) can be credited to the lack of a mouthguard or an improperly fitted mouthguard.
- 🦷 Mouthguards protect teeth and prevent tooth fractures by cushioning the teeth from direct frontal blows and redistributing the force of impact.

Custom Mouthguards & Concussions

- 🦷 Mouthguards can also protect the head against a blow to the jaw that can result in a concussion and loss of consciousness.
- 🦷 However, mouthguards bought at sporting goods stores provide only low level, if any, protection and may become lodged in the throat if the athlete becomes unconscious.
- 🦷 According to Dr. William Godwin, professor of dentistry at the University of Michigan and a sports dentistry specialist, a customized, properly fitting mouth guard:

1. Acts as a shock absorber, weakening the force of impact caused by contact or falls during athletics

2. Helps minimize head and neck injuries such as concussions and jaw fractures

- 🦷 Custom mouthguards help reduce neurologic injury by acting as shock absorbers between the upper and lower jaws. They help diffuse the impact to the jaws by separating the lower from the upper. This separation within the glenoid fossa decreases the chance of concussive effects to the base of the brain.
- 🦷 Without a mouthguard, the jaws violently clashing together can disperse the impact from the condyles of the mandible against the base of the skull, resulting in a concussion.

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