



Mouthguards

A Tip Sheet for Coaches



Quick tips:

- Each year thousands of children and teens get injured playing sports. Most of these injuries are to the teeth, lips, tongue, and cheeks.
- 60 percent of facial injuries occur during sports practice.
- Dental injuries are the most common type of injuries to the face. Half of these injuries can be prevented.
- In the U.S., 5 million teeth are knocked out each year - mainly front teeth.
- The cost to repair a broken tooth is more expensive than a mouthguard.
- Mouthguards can help prevent concussions by cushioning the teeth after a blow to the head.

Sports that call for mouth protection:

Baseball Basketball Lacrosse Soccer Field Hockey Gymnastics

Water Polo Volleyball Ice Hockey Martial Arts Boxing Wrestling

Mouthguards should:

- be flexible
- not tear
- be comfortable
- fit properly
- be durable
- be easy to clean
- not get in the way of speaking or breathing
- be odorless and tasteless



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
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