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# Using Mouth Guards

## How can I Prevent Dental Injuries during Sports?



### High Risk Sports for Mouth Injuries:

- Soccer
- Lacrosse
- Wrestling
- Football
- Plus many more - When in doubt, ask your doctor.

### Ensure a proper fit for your mouth guard

- Your dentist can make a mouth guard fit to your teeth
- Mouth guards can be bought at various sports stores
  - Appropriate over the counter mouth guards should be boiled and fit to your mouth
- Non-fitted mouth guards are not recommended

Soccer players are more likely than football players to sustain injury to their teeth.

All sports have a risk of injury to teeth, especially contact sports.

These injuries can happen because of contact with hard surfaces or contact with other players.

Sports account for up to 40% of all dental injuries in children, more than 1,000 a year.