

Dental Mouth Guards For Children

According to the American Academy of Pediatric Dentistry (AAPD), 10-39% of all childhood dental injuries are related to sports. The risk of sports related dental injuries can never be fully eliminated. Through taking simple precautions like acquiring the correct protective gear, however, the severity and rate of occurrence of these injuries can be significantly reduced. Specifically, mouth guards function to mitigate a blow to the face, lessening the probability of broken teeth and injuries to the jaw, lips, and tongue.



Mouth Guards prevent sports related dental injuries. These types of injuries must often be treated as emergencies and require urgent treatment for multiple reasons. For example, tooth avulsion is one of the most serious forms of sports related dental injury. This is when the tooth is totally knocked out of the mouth and requires long-term treatment, in order to be restored to a healthy and aesthetically pleasing condition. Additionally, the hassle of a child having to miss school for dental treatment and follow up appointments increases the inconvenience of dealing with both a costly and routine disrupting injury.

Benefits Of Using a Protective Mouth Guard

Mouth guards notably lessen the severity and occurrence of dental injuries related to sports and recreational activities. Operating as an absorber and diffuser of impact energy, the mouth guard usually covers the upper teeth to help keep the jaw from dislocating and reducing the risk of concussion. Simply put, mouth guards cushion the impact that otherwise might cause serious injury to the teeth and mouth.

An athlete is 60 times more likely to experience a dental injury when not wearing a mouth guard. Typically, mouth guards are used in contact sports like football, hockey, lacrosse, and wrestling, but they are also definitely recommended and serve a protective purpose for non-contact sports like skateboarding, gymnastics, basketball, etc. From a young age, any athlete at risk for acquiring injury within their sport should consider using a mouth guard as part of their regular sports equipment.

Ask the Pediatric Dentist about what type of mouth guard is best for your child. A mouth guard that fits correctly may be particularly important for children who wear braces or have other dental appliances.



Caring For Your Mouth Guard

It is important for your child to take care of their mouth guard and keep it as clean as possible. Here are a few tips for caring properly for a mouth guard:

- Keep your mouth guard sanitized—It is recommended to rinse the mouth guard before and after each use. It is even better to also clean the mouth guard with a toothbrush and toothpaste between uses. Also, it is necessary to periodically wash the mouth guard with soap and water thoroughly.
- Use a container—Keep and transport the mouth guard in a plastic container that has vents.
- Do not leave the mouth guard in hot water for too long or out in the sun.
- When a mouth guard starts looking worn or if it chips, it may need replacing.