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### ATHLETIC MOUTHGUARDS and DENTAL TRAUMA

The use of an athletic mouthguard is essential when playing contact sports. Mouthguards that fit properly minimize the chance of getting a concussion and breaking or knocking out teeth. A well-fitting mouthguard stays in place therefore allows better breathing.

There are several types of mouthguards. For children 14 and under, Dr. Bond and Dr. Sellers recommend a boil fit mouthguard. It should be re-boiled once a week and replace at least once a month. If one has braces, a special fit mouthguard is available. Once all permanent teeth have erupted, Dr. Bond and Dr. Sellers recommend a custom fit mouthguard fabricated by a dental office.

If a tooth or teeth break, it is important to find the broken piece(s) and get to a dentist immediately. The broken piece(s) can be transported in a container of water or wrap in a wet paper towel.

If a tooth or teeth are displaced, it is best to get to a qualified professional immediately. If one is not available, tooth or teeth can be molded back to original position using a gloved hand and gauze. See a dentist as soon as possible.

Time is critical if a tooth is knocked out. Place tooth in a tooth saver kit if available, otherwise place in a container with milk, saline or saliva

Mouthguards should be worn during games and practice. It only works if is properly in place. Time is critical with any trauma dental emergency.