

# Why wear a Mouthguard?



## Mouthguard Awareness Fact Sheet

**Every year thousands of children are treated for dental injuries, which could have been prevented, or the severity minimised, by wearing a protective mouthguard.**

Anyone who participates in a sport that carries a risk of contact to the face should wear a mouthguard.

This includes obvious sports such as football, boxing and rugby, and also collision sports where unexpected contact often happens. These include basketball, hockey, water polo, lacrosse, netball, baseball, softball, squash, soccer, BMX bike riding, horse riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping or batting without a helmet), water skiing and snow ski racing.

### Why do you need a mouthguard?

A mouthguard helps absorb the shock experienced by a blow to the face, which might otherwise result in an injury to the mouth or jaw. A heavy collision can result in chipped or broken teeth, internal damage to a tooth, tooth loss, injuries to the soft tissue of the mouth, and, in severe cases, concussion or a broken jaw.

Injuries like these can lead to long and potentially expensive treatment to restore teeth and the mouth back to normal function and appearance.

### When should I wear a mouthguard?

Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face.

### Other Mouthguard Tips:

- The Australian Dental Association (ADA) recommends that only a professionally custom-fitted mouthguard should be worn.
- Check your mouthguard every 12 months for optimal fit and protection.
- Keep your mouthguard clean and store it in a rigid container, away from heat to ensure it maintains its shape.

For more information on mouthguards and protecting teeth visit:  
[www.ada.org.au](http://www.ada.org.au)



Australian Dental Association