

True or False Quiz



Mouthguard Awareness Fact Sheet

Test your knowledge with this true or false quiz to see if you know everything there is to know about mouthguards and sport...

- 1** Wearing a mouthguard while participating in sports will help protect against painful dental injuries –
True or False?
- 2** If a tooth is knocked out you should first carefully find the tooth, handling it by the root –
True or False?
- 3** There are many types of mouthguards ranging from custom-fitted to over-the-counter. Dentists say that both kinds are equally effective in preventing dental injuries –
True or False?
- 4** Your mouthguard should be reviewed every 12 months to ensure that it continues to fit correctly –
True or False?
- 5** Mouthguards should be rinsed with warm water after use –
True or False?
- 6** Every year there are thousands of children treated for dental injuries –
True or False?
- 7** Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face –
True or False?
- 8** If a tooth has been knocked out you should seek dental treatment immediately –
True or False?
- 9** A knocked out tooth should be soaked for five minutes in water –
True or False?
- 10** You should remove any tissue and gum fragments from the knocked out tooth before holding back in place –
True or False?



Australian Dental Association

Answers

- 1 Wearing a mouthguard while participating in sports will help protect against painful dental injuries – True**
A mouthguard helps absorb the shock experienced by a blow to the face that might otherwise result in an injury to the mouth or jaw.
- 2 If a tooth is knocked out you should first carefully find the tooth, handling it by the root – False**
If a tooth is knocked out you should first carefully find the tooth, handling it by the crown only (not the root). The crown is the smooth white part of the tooth that is visible in the mouth.
- 3 There are many types of mouthguards ranging from custom-fitted to over-the-counter. Dentists say that both kinds are equally effective in preventing dental injuries – False**
The Australian Dental Association recommends custom-fitted mouthguards made by a dentist. Over-the-counter varieties are not as effective as they are poorly fitted, offering inadequate protection.
- 4 Your mouthguard should be reviewed every 12 months to ensure that it continues to fit correctly – True**
Your dentist should review your mouthguard every 12 months to ensure it continues to fit correctly. Sometimes, a mouthguard needs to be replaced if major changes occur to the teeth, like restorations or adult teeth coming through.
- 5 Mouthguards should be rinsed with warm water after use – False**
Mouthguards need to be rinsed in cold water after use and then dried and stored in a plastic container. Mouthguards can distort under higher temperatures so should never be rinsed with warm or hot water.
- 6 Every year there are thousands of children treated for dental injuries – True**
Thousands of children are treated for dental injuries every year. These injuries could have been prevented, or the severity minimised, by wearing a protective mouthguard.
- 7 Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face – True**
This includes sports such as football, boxing, rugby, basketball, hockey, water polo, lacrosse, netball, baseball, softball, squash, soccer, bike riding, horse riding, skateboarding, skating, trampolining, cricket, water skiing and snow ski racing.
- 8 If a tooth has been knocked out you should seek dental treatment immediately – True**
When a tooth has been knocked out, time is critical and you should seek immediate dental treatment.
- 9 A knocked out tooth should be soaked for five minutes in water - False**
The tooth should be rinsed only very briefly in water – no more than one or two seconds. Alternatively, the tooth can be rinsed in milk very briefly.
- 10 You should remove any tissue and gum fragments from the knocked out tooth before holding back in place – False**
You should not remove any tissue fragments from the tooth. Simply rinse the tooth and hold it back in place before heading straight to the dentist.

