Dental Health in Teens

DENTAL INJURIES & USING MOUTH GUARDS

Share the Care
San Diego County Health and Human Services Agency
Statistics on Dental Injuries from Sports

- More than _______ teeth are injured/knocked out every year
- Results in nearly ______ dollars spent on replacing teeth
- ____-% of all dental injuries are related to _____
Scope of Dental Injuries

- ________ _________ cause the greatest percentage of dental traumatic injuries in teens
- ___% of all children and teens will suffer at least ___ traumatic injury to a tooth by the time they graduate high school
Dental Trauma and Sports Injuries

• _______ ______ ______ and _______ in the mouth are very common among athletes

• These injuries account for more than ______ emergency room visits a year!
Teen Dental Trauma and Sports Injuries

- _____ ___ suffer traumatic tooth injuries ____ times more often than young women
- ______ ______ account for ____ times more facial/dental injuries than violence or traffic accidents!
Pre-teens and teens have the highest number of sports related dental injuries, with the top 3 sports being:

- __________
- ________ and
- ________
Dental Trauma and Athletes

- __________ players have in injury potential 13 times that of football players

Risks for athletes include:
- Suffering a ____ during competition
- Contact from _____, ____, ____ or from ____
- ______ _________
- Use of a mouth guard is ________ to _____ the risk of dental injury in sports
Sports Where Dental Injuries Occur

- Various sports, such as:
  - Football, hockey, soccer, basketball, baseball, softball, wrestling and volleyball
Why Wear a Mouth Guard?

- Athletes are ___ times more likely to suffer harm to the teeth when ___ wearing a mouth guard
- ___% of traumatic dental injuries occur to the ___

- ___
Mouth Guards Protect Teeth!
Mouth Guards for Sports Injury Prevention

- ______ oral injuries are prevented annually in the U.S. by ______
- Mouth guards cut the risk of a concussion by ___%
Prevention of Dental Injuries

• Use a mouth guard during all practices and games to prevent or lessen:
  • ________ to teeth, cheeks, lips and tongue
  • __________, __ __________ and __ __________
Proper Care of Your Mouth Guard

- Mouth guards should ___ ________ and not block breathing or interfere with speech.
- Prevent possible disease transmission and infection through _______ and ______ _________.
- Problems occur when a mouth guard is:
  - o ____ - will destroy the fit
  - o Thrown in with ____ , ____ sports gear
  - o ___ _____ - allows bacteria to grow
Mouth Guards Need to be Kept Clean

• Mouth guards are ______ and may allow bacterial growth
• Bacteria in a mouth guard may cause __________ and ______
• Warning signs of a dirty mouth guard include:
  o _______ ____________
  o ____________
  o ________
  o __________
  o ________ to the point of vomiting
  o __________ ___
Steps to Keeping Your Mouth Guard Clean

• Wash after each use in ____ _____
• _____ ___ warm, hot or boiling water because it will change the shape
• Use a ____ toothbrush to clean
• Store in a __________ ____ after cleaning
• Soak in ____ _______ ________ _________ if white, hard deposits form
How to Respond to a Dental Emergency
If a Tooth is Knocked Out

- *** is critical
- Do ___ touch the _____ ____
- Gently _____ the tooth
- Place in ___ or _____ (not tissue!)
- Go to the ______ or __________ ___, with the tooth, ___________

Remain calm
Keep tooth moist
See dentist
If a Tooth is Pushed Out of Place or Broken

- Clean injured area with ____ _____
- If there is swelling, apply ____ ______
  to outside of face
- Go to a dentist or emergency room __________

[Images of dental procedures and teeth]
If a Jaw is Broken

• ___ move the jaw
• ____ a scarf, handkerchief or towel around the head to keep the jaw _____
• Go to a __________ __________ ___ immediately!

If a dental emergency occurs... ACT FAST! Contact a dentist immediately!
THANK YOU!

ANY QUESTIONS?
For Further Questions, Ask Your NURSE or HEALTh CARE PROVIDER
Dental Health Initiative
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