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 5 million teeth are injured/knocked out every year.
- Results in nearly 500 million dollars spent on replacing teeth.
- 13-39% of all dental injuries are related to sports.
Scope of Dental Injuries

- **Sporting activities** cause the greatest percentage of dental traumatic injuries in teens.
- 50% of all children and teens will suffer at least one traumatic injury to a tooth by the time they graduate high school.
Dental Trauma and Sports Injuries

• Broken teeth, neck injuries and abrasions in the mouth are very common among athletes
• These injuries account for more than 600,000 emergency room visits a year!
Teen Dental Trauma and Sports Injuries

- Young men suffer traumatic tooth injuries 2-3 times more often than young women.
- Sports related injuries account for 3 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:

- Basketball
- Biking
- Hockey
Basketball players have an injury potential 13 times that of football players.

Risks for athletes include:
- Suffering a fall during competition
- Contact from elbows, hands, arms or from flying equipment
- Use of a mouth guard is essential to lower the risk of dental injury in sports

Dental Trauma and Athletes
Sports Where Dental Injuries Occur

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

- Athletes are 60 times more likely to suffer harm to the teeth when not wearing a mouth guard.
- 80% of traumatic dental injuries occur to the top front teeth.
Mouth Guards Protect Teeth!
Mouth Guards for Sports Injury Prevention

- 200,000 oral injuries are prevented annually in the U.S. by mouth guards
- Mouth guards cut the risk of a concussion by 50%
Prevention of Dental Injuries

- Use a mouth guard during all practices and games to prevent or lessen:
  - Injuries to teeth, cheeks, lips and tongue
  - Concussion, jaw fractures and jaw injuries
Proper Care of Your Mouth Guard

- Mouth guards should fit properly and not block breathing or interfere with speech
- Prevent possible disease transmission and infection through cleaning and proper maintenance
- Problems occur when a mouth guard is:
  - Chewed - will destroy the fit
  - Thrown in with dirty, sweaty sports gear
  - Not cleaned - allows bacteria to grow
Mouth Guards Need to be Kept Clean

- Mouth guards are porous and may allow bacterial growth
- Bacteria in a mouth guard may cause gum infection and illness
- Warning signs of a dirty mouth guard include:
  - Breathing difficulties
  - Wheezing
  - Diarrhea
  - Nausea to the point of vomiting
  - Bleeding gums
Steps to Keeping Your Mouth Guard Clean

- Wash after each use in cold water
- **Do not use** warm, hot or boiling water because it will change the shape
- Use a soft toothbrush to clean
- Store in a protective case after cleaning
- Soak in cold denture cleaning solution if white, hard deposits form
How to Respond to a Dental Emergency
If a Tooth is Knocked Out

- **Time is critical**
- **Do not touch the tooth root**
- Gently **rinse** the tooth
- **Place in milk or water** (not tissue!)
- **Go to the dentist or emergency room, with the tooth, immediately**

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

- Clean injured area with warm water
- If there is swelling, apply cold packs to outside of face
- Go to a dentist or emergency room immediately
If a Jaw is Broken

• **DO NOT** move the jaw
• **Wrap** a scarf, handkerchief or towel around the head to keep the jaw **still**
• Go to a **hospital emergency room** 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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