

Athletic Mouth Guards

Did you know that we at Oak Park Dental provide athletic mouth guards for all of our student athlete patients free of charge?

Why do we do this? The short answer is because we care about your smile.

Mouth guards serve an important function in preventing injuries to the teeth, face and even preventing concussions. A custom fit mouth guard provides the most protection. We want our patients to have the best protection possible.

Mouth guards are prove to provide protection against lacerations (cuts) as they provide a buffer between the lips, cheeks and teeth. Mouth guards redistribute forces and help prevent tooth fractures and dislocations. Some studies show a reduction in neck injuries with consistent mouth guard use. Yet other studies show that mouth guards may provide a psychological benefit, as athletes tend to feel more confident with proper protection.

The National Youth Sports Foundation for Safety estimates that athletes are 60 times more likely to sustain damage when a proper fitting mouth guard isn't being used. If an athlete loses a tooth due to trauma, the average lifetime cost is \$15,000 to \$20,000; for just one tooth!

You might find the list of sports that the American Dental Association recommends mouth guards for a bit surprising. The ADA recommends custom mouth guards in the following sports: acrobatics, basketball, boxing, field hockey, football, gymnastics, handball, ice hockey, lacrosse, martial arts, mountain biking, racquetball, rollerblading, roller hockey, rugby, shot putting, skateboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, weight lifting and wrestling.

If you have any questions about mouth guards, please contact our office at 320-629-2282

<http://www.dentistrytoday.com/sports-dentistry/357-athletic-mouthguards-indications-types-and-benefits>