

# Mouth Guards For Kids

Help protect your child's mouth

A mouth guard is a flexible piece of plastic that fits around the upper teeth and should be worn when playing sports.

## A mouth guard should:

- Be comfortable and fit properly
- Not get in the way of speaking or breathing
- Be durable, flexible, and not tear
- Be easy to clean

**By wearing a mouth guard, your child will be able to keep their teeth safe and enjoy playing sports.**

- Dental injuries are the most common type of injury to the face.
- Sixty percent of facial injuries occur during sports practice.
- You can prevent most of these injuries by using a mouth guard.

## Three types of mouth guards:

1. **Stock:** These are inexpensive and come ready-to-wear. Unfortunately, these kinds of mouth guards often do not fit very well. They can be bulky and can make breathing and talking difficult. They can be bought at many sporting goods stores.
2. **Boil and Bite:** These are the most used mouth guards. They are softened in boiling water, then inserted and allowed to adapt to the shape of the mouth. They can be bought at many sporting goods stores.
3. **Custom-fitted:** This type of mouth guard is made by a dentist. Custom-fitted mouth guards are the best at preventing injury but they are more expensive than other types of mouth guards.

## Permanent tooth knocked out?

**Time is critical. Get to the dentist immediately!**

Often a tooth can be saved if you bring it to the dentist within one hour.

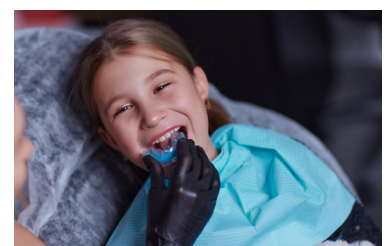
1. **Find the tooth.** Hold it by the crown (top part). Gently rinse it off. Do not clean or scrub it.
2. **Place the tooth in a glass of milk or saline.** If milk or saline are not available, place the tooth in plastic wrap, a glass of water, or a paper towel.
3. **Get to the dentist with the tooth** within one hour.



Stock



Boil and Bite



Custom-fitted