

## Permanent tooth knocked out?

### Time is critical.

#### Get to the dentist immediately.

Often the tooth can be saved if this is done within one hour.

#### Find the tooth.

Hold it by the crown (top part). Gently rinse it off. Do not clean or scrub it.

#### 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.

## Sixty percent of facial injuries occur during sports practice.

For more information on oral health, visit  
[health.maryland.gov/oral-health](http://health.maryland.gov/oral-health).

## A mouth guard should:

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



MARYLAND  
Department of Health

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#### English

Help is available in your language:  
410-767-5300 (TTY: 1-800-735-2258)  
These services are available for free.

#### Español/Spanish

Hay ayuda disponible en su idioma:  
410-767-5300 (TTY: 1-800-735-2258).  
Estos servicios están disponibles gratis.

#### Chinese

中文  
用您的语言为您提供帮助: 410-767-5300  
(TTY: 1-800-735-2258). 这些服务都是免费的

August 2018



**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.

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

Dental injuries are the most common type of injury to the face.

In the United States, five million teeth are knocked out each year — mainly front teeth.

The cost to repair a broken tooth is more expensive than a mouth guard.

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 commonly 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 more expensive than other types of mouth guards, but they are the best at preventing injury.

## Activities that call for mouth protection include:

- Baseball
- Basketball
- Bicycling
- Boxing
- Field Hockey
- Football
- Gymnastics
- Handball
- Ice Hockey
- Lacrosse
- Martial Arts
- Racquetball
- Roller-blading
- Skateboarding
- Soccer
- Squash
- Volleyball
- Water Polo
- Wrestling