

# Mouthguards for the Prevention of Orofacial Trauma in Sport

## Faculty of Sport & Exercise Medicine (UK) Position Statement

### The burden of orofacial trauma in sport



Should be worn by all athletes at risk of orofacial trauma during practice & competition



Effective in reducing severity and preventing dental & orofacial injuries



Especially important in young athletes with developing dentition

Prevalence of dental trauma in contact sports in mouthguard users: 7.5%



Prevalence of dental trauma in contact sports in non-mouthguard users: 59.5%



### Recommendations for sports mouthguard use in athletes at risk of orofacial trauma

Should be well-fitted and worn by all athletes at risk of orofacial trauma during practice & competition



Custom mouthguards, fitted by dental professionals, offer highest level of protection against trauma



Off-the-shelf mouthguards are least costly but vary widely in materials and protective properties



Aim for best fitting mouthguard possible - well retained with jaw open, clenched and during breathing



Allow around a month to acclimatise to a new mouthguard prior to competition



In youth athletes, consider changes to the number, position & vulnerability of teeth during orthodontic treatment



Check fit prior to initial use and clean after each use. Older mouthguards may become worn and ill-fitting



If there is any doubt about the fit and/or protection of a mouthguard, it should be replaced immediately



### Sports mouthguard types



Stock Mouthguard



Boil & Bite



PROFESSIONALLY FITTED

Custom-Made

### Mouthguard care and maintenance advice

#### 1. Store it



Check that the mouthguard has been kept in a clean container

#### 2. Check it



Visually inspect the mouthguard to ensure it is in good condition, not worn through or with obvious defects

#### 3. Wear it



Ensure the mouthguard stays in place with open mouth and does not require additional support

#### 4. Clean it



At the end of the session, clean the mouthguard in cool water, dry and store it in a vented container