

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

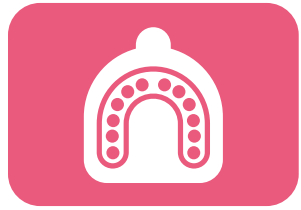


PROFESSIONALLY FITTED

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