

# Mouthguards for Athletes

Although human teeth are solidly embedded in bone, they can be forcefully knocked out or broken off very easily. Any blow to the face, applied with adequate force, can dislodge a tooth or several teeth or break teeth off. When teeth are knocked out, they can be replaced back into the mouth, but the success of this technique is only fair. The best decision for you is to prevent breaking or knocking out teeth.

Mouth guards should be worn by anyone participating in sports that have the potential to provide a forceful blow to the oral area. There are three types of mouthguards available:

- **Stock Mouthguards:** These are readily available in stores, but their value is minimal. Although these guards are relatively inexpensive, the protection they provide is questionable.
- **“Boil and Bite” Mouthguards:** These guards are of minimal value, but they may be somewhat better than no guard at all.
- **Custom-Made Mouthguards:** Your dentist can make a mouthguard that fits just your mouth. These mouth guards are highly superior to the previous two types and can protect teeth well.

Get an adequate mouthguard before it is too late!