DENTAL TRAUMA

DEFINITION

Any trauma to the mouth that may cause bleeding and cuts to the gums, as well as moving or fracturing teeth which may require immediate medical attention.



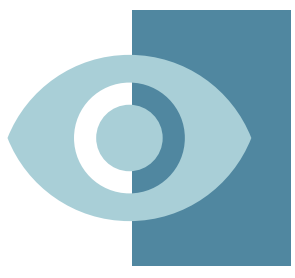
CAUSES

Whether the result of an accident or biting on a piece of food that's too hard, mouth injuries can cause teeth to become cracked, broken, or knocked out/dislodged. It is important to see a dentist because if left untreated, a dental emergency can lead to serious complications.



TOP TIPS

• Wear a mouthguard if you're playing any contact sports, wearing a mouthguard can help protect your teeth from injury and trauma
• Avoid hard foods and candies — to help protect your teeth from injury while eating, avoid biting hard candies and ice



ABOUT YOUR MOUTHGUARD

Mouth guards should ideally be replaced after each season because they can wear down over time, making them less effective. There are boil and bite mouth guards as well and custom made mouthguards to choose from.



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