

Make use of Mouthguards

A mouthguard will help to reduce injury to teeth and lips, help to protect against a broken or dislocated jaw, and will also reduce the risk of concussion. It's important to wear a mouthguard for sports involving physical contact or moving objects, such as rugby, football, cricket and hockey.

It is best to have a mouthguard made by a dentist. Mouthguards are not available on the NHS, and costs can vary at different dental practices. However, it's much better to use a mouthguard and reduce the risk of tooth loss and other injuries.

Mouthguards can be clear or made in different colours – even to match a sports team's colours! Young people are still growing and their teeth will be moving, and so a mouthguard may need replacing regularly so that it fits properly. When going for a dental check-up, take the mouthguard too so that the dentist can check the fit.

What to do if a permanent tooth - **not a milk tooth** - is knocked out:

- * Pick the tooth up by the crown – the part which you can usually see
 - * If the tooth is in one piece, you can put it back in the socket – but make sure it's facing the right way round!
Then bite down on a clean tissue / piece of gauze
 - * If it's not possible to put the tooth back in, or if the tooth is very dirty, store it in some milk
- * **It's important to go straight to the dentist, even if the tooth has been put back in**

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If a milk tooth has been knocked out, don't try to put it back in because this could damage the adult tooth underneath.

If a milk tooth or adult tooth has been knocked out and you do not have a dentist, call the emergency dental advice line: **0845 345 8995**.

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Oral Health Promotion Team, Community Health Oxfordshire: 01865 787 167.