



STRAIGHTSMILE Team Tips:

Because we know a lot of our patients are active and play sports, we wanted to take a moment to remind you how critical it is to protect your teeth, whether you are playing full-contact football or a game of pick-up basketball. Today, we thought we would answer some of the most frequent questions we get from patients:

Q: I keep hearing about a mouth guard – what is it?

If you play or are planning on playing sports, it's important that you take special precautions, such as wearing a mouth guard. The guard will protect your teeth from impact and in most instances prevent teeth from becoming chipped or broken. Mouth guards are advisable for playing sports such as baseball, football, soccer, basketball, and many, many more.

Q: If I'm hit in the mouth, and a tooth gets knocked out, what should I do?

1. Find the tooth
2. Hold the tooth by the crown (the surface farthest from the gumline), not the root
3. If it is an adult tooth, try to put the tooth back in the socket right away
4. If the tooth can not be put back in the socket, store it in cold milk (do not store in tap water)
5. Bite down on a gauze pad to relieve bleeding and pain
6. Call your dentist immediately

Q: Can my teeth be fixed if they are chipped, broken or knocked out?

In most cases, if you see a dentist immediately after a tooth injury occurs, the tooth can be fixed. Unfortunately, the long-term health of the injured tooth is compromised.

Q: Are sports drinks bad for my teeth?

Some drinks are bad for your teeth, depending on the amount of sugar content. They are okay to drink only if you are brushing on a regular basis.



Sports Q&A
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Q: What can I drink to stay hydrated and keep my teeth healthy?

Lots of water.

Q: Can I still play sports while wearing my retainer, or is it best to take it out?

Because retainers are often lost or stepped on while playing sports, it is best to remove your retainer while playing sports and use your mouth guard instead.

Q: Can I still wear a mouth guard with braces?

Yes, a mouth guard is a must while playing contact sports with braces! Ask us about obtaining one! We hope that helps! Please enjoy your sports activities and give us a call if you have other questions about protecting your mouth!