

## Sports and Your Oral Health

### Are you or your family back out playing a contact sport?

One in 11 children in Ireland will have broken 1 or more of their permanent teeth before they reach the age of 11. It is recommended to wear a mouth guard when playing a contact sport including GAA football, hurling & camogie, soccer, hockey, basketball, boxing, martial arts. Since January 1<sup>st</sup> 2014, it has been mandatory for players in all grades to wear a mouthguard in all Gaelic football games and practice sessions.

#### How to prevent a tooth injury?

The easiest and most important thing you can do is to wear a mouth guard

<https://www.dentalhealth.ie/resources/educational/mouth-guard-poster/>

### What to do when you have an accident and your tooth is knocked out?

Where a **permanent tooth** that is knocked out completely, make sure that the tooth knocked out is a **permanent tooth** - (primary (baby) teeth should not be replanted). Keep the injured person **calm**. Find the tooth and **pick it up by the crown** (the white part). Avoid touching the root as this can damage the membrane which is essential to saving the tooth.

For full details on how to 'Save That Tooth' click here

<https://www.dentalhealth.ie/resources/educational/save-that-tooth-english-and-irish-versions/>

### Hydration

Water and milk are the best sports drinks, and milk helps aid muscle recovery after exercise.

High sugar sports drinks are to be avoided as they are acidic and high in sugar. People also tend to sip frequently on sports drinks during exercise, increasing the time that teeth are exposed and vulnerable to decay and erosion. You might think that diet and sugar-free drinks are ok for the teeth, however they also contain acid and therefore cause tooth erosion.

Here is a helpful video on sugary drinks and children

[https://www.youtube.com/watch?v=Tcq\\_hKyDFC8&feature=youtu.be](https://www.youtube.com/watch?v=Tcq_hKyDFC8&feature=youtu.be)