

Play It Safe, Protect Your Smile



SNOW ORTHODONTICS

FREE ATHLETIC MOUTHGUARD PROGRAM

The risk of serious injury to the head and mouth is inherent in all sports. Dental professionals and athletic trainers urge all participants to wear a properly fitted mouthguard when playing or practicing in any sport to help reduce the chance of injury to the mouth. In order to ensure that players are properly protected from sport related injuries to the jaw and mouth, SNOW ORTHODONTICS has scheduled an evening where we will be providing a complimentary mouthguard and custom fitting for all participants.

This is a FREE community service provided by Snow Orthodontics valued at over \$400.00

Date: Thursday, August 17, 2017

Time: 4:45 to 6:00 p.m.

Place: SNOW ORTHODONTICS

23501 Cinema Drive, Suite #211

Valencia, CA 91355

*Space is limited and scheduling an appointment is required.
To reserve a space for your complimentary mouthguard fitting
and free pizza dinner, please call Jenna at (661) 418-2907*

****Please allow 1-2 weeks from the date of impression for delivery of your mouthguard. A Snow Orthodontics representative will contact you to schedule an appointment for final fitting and delivery. ****



Athletic Mouthguards

More than 5 million teeth are avulsed each year due to sports injuries and trauma, and in certain cases these avulsions can be attributed to the absence of a mouthguard or an improperly fabricated and fitted mouthguard. Not only do mouthguards protect the teeth, but they also protect the head against a blow to the jaw that can result in a concussion and loss of consciousness.

MOUTHGUARDS AND INJURY PREVENTION

Dental injuries are the most frequently incurred orofacial injuries from sports activities. In addition to injuries to teeth that may result in tooth loss, an impact to the base of the skull via a blow to the chin may result in concussion. In both types of injuries, use of a mouthguard could have a significant preventive role. Although there is conflicting research, custom-fitted mouthguards have been shown to reduce the incidence of concussion as well as dental and mandibular jaw injuries. Studies of the brain in concussion subjects have been shown to manifest in the medial temporal bone that is just behind the ear. The temporal bone is where the condyle or end of the mandible articulates. Hammering the jaw into this region, which is paper thin, can affect the lobe of the brain resulting in concussion.

Custom mouthguards help protect the teeth while at the same time aid in diffusing the impact to the jaws by separating the mandible from the maxilla. The resulting separation within the glenoid fossa decreases the chance of concussive effects to the base of the brain. A properly fabricated mouthguard covers and protects all of the teeth, especially the posterior teeth, with a prescribed thickness to diffuse impact to the jaw. Various types of sports injuries create a need for sports-specific models of mouthguards.

FUNCTIONS OF MOUTHGUARDS

- (1) Prevent laceration and bruising during impact
- (2) Prevent tooth fractures or dislocations
- (3) Opposing teeth are protected from seismic contact with each other.
- (4) Prevent fracture or damage to the unsupported angle of the lower jaw.
- (5) Reduce neurologic injury by acting as shock absorbers between the upper and lower jaws. Trauma of the jaws violently jarring together can distribute the impact from the condyles of the mandible against the base of the skull, resulting in concussion.
- (6) Provide a psychological benefit to athletes. Findings suggest athletes feel more confident and aggressive when they have the proper protection during athletic competition.

FACTS FROM THE NATIONAL YOUTH SPORTS FOUNDATION FOR SAFETY

- (1) An athlete is 60 times more likely to sustain damage to the teeth when not wearing a protective mouthguard.
- (2) The cost of replanting a tooth and follow-up dental treatment is estimated to be approximately \$5,000. Individuals who experience an avulsed tooth that is not properly preserved or replanted may face lifetime dental costs of \$15,000 to \$20,000 per tooth.
- (3) Approximately one third of all dental injuries are sports related.
- (4) The price range for a custom made mouthguard is \$400-\$1200. The total cost to replace an avulsed tooth can be 20 times more than the cost of a custom-fabricated mouthguard.

We will be fabricating custom pressure laminated multiple-layer mouthguards for each athlete. These types of mouthguards are made by using multiple sheets that are laminated one upon another over a cast of the athlete's teeth using heat and high pressure. The pressure enhances the accuracy of the lamination process and enables us to get the exact thickness of material needed for proper protection. The precision of this process will also enhance the athlete's ability to talk and breathe compared to stock mouthguards, and are best suited for those who participate in heavy contact sports such as football. In support of our local community, Snow Orthodontics will be donating these custom mouthguards at no charge to you. We are excited to be a part of the team and look forward to a safe and successful year.

Sincerely,

Dr. Gilbert Snow, D.D.S