

El Reno Family Dentistry, July 30, 2015, blog, athletic mouthguards

Athletic Mouthguards from the Family Dentist El Reno, OK, Trusts

Won't be long before "Friday Night Lights" becomes the activity of choice for many families. But whether your teenager is on the gridiron, the basketball court or the wrestling mat, they need protection against injury. Sure, there are shoulder pads, helmets and goggles, but those don't protect the one body part that is front and center in any sport, whether contact or non-contact. Your son or daughter's mouth. Protect your children's teeth with an athletic mouthguard from Dr. Adam Cohlma, the dentist El Reno, OK, residents turn to for excellence in [general and family dentistry](#).

According to the American Dental Association (ADA), 10 to 20 percent of all sports related injuries involve the face, head and neck. A significant number of these injuries include the lips, teeth, mouth or gums. The ADA estimates that some 200,000 injuries could be prevented annually just in high school and college football alone if athletes had been wearing a mouthguard.

An injury to the mouth can entail:

- A knocked out tooth
- A loose tooth
- A serious laceration to the tongue
- A puncture wound involving the cheek
- Lacerated gums
- A jawbone injury

Mouthguards on Defense

First of all, exactly what is a mouthguard? A mouthguard is a molded plastic oral appliance that fits comfortably in your young athlete's mouth. The mouthguard rests between the upper and lower arches of teeth and surrounds the teeth with a layer of resilient protection. Not only does a mouthguard shield teeth from injury, but if there is a blow to the mouth, then this appliance also cushions the impact sustained by the lips and gums, as well.

Additional research proves that wearing a mouthguard can also lessen the effects and severity of a concussion should one occur. A mouthguard essentially acts like a shock absorber, reducing the degree of force that is transferred to brain tissue as a result of a blow to the head, face or neck.

Before the new high school or college athletic season begins, be sure to bring your son or daughter in to see Dr. Cohlma, so he can prescribe a mouthguard. Let your child play, but make sure they play safely.

[Call Our Office Today](#)

To get an all-important athletic mouthguard for your young athlete, schedule an appointment with Dr. Cohlma at El Reno Family Dentistry in [El Reno, OK](#). We are conveniently located near [Minco, Calumet, Hinton, and other communities in Canadian County](#).