



NTIS

NORTHERN TERRITORY INSTITUTE OF SPORT

Mouth Guard Recommendations

September 1st, 2012

The NTIS follows the recommendations of Sports Medicine Australia (SMA) in regards to their mouth guard recommendations.

Please refer to the SMA website for full details.

<http://sma.org.au/resources/sports-first-aid-resources/dental-injuries/>

Key Points/ Summary

Please note this summary is in no way meant to replace the detail contained on the SMA website, and should not be taken as a complete picture. Full reference to the above mentioned website is highly recommended.

Poorly fitted mouth guards provide minimal protection and risk blocking the airway in an unconscious athlete. Therefore SMA and the NTIS recommend custom-fitted mouth guards for all contact sports participants. Custom fitted mouth guards reduce the risk and severity of dental injuries because they are well fitting and professionally made, can accommodate the unique arrangement and number of teeth and ensure adequate thickness of material in vulnerable areas. Mouth guards should be checked by a dentist before each season of play, or if you are unsure at any time about the mouth guard.