

Special Offer by Dr. Brook Derenzy for Redmond High School Athletes:

# Custom Mouthguards by a Dentist for Only \$37 – Normally \$275!

**“You Can’t Afford NOT To Do This!”**

Wouldn’t it be great if you could have a mouthguard that you actually liked to wear? Dr. Derenzy’s mouthguards *actually fit your teeth, make it easy to breathe, easy to talk and are comfortable!* These are all reasons why professional athletes have a team dentist make their custom mouthguards. Dr. Derenzy had a first-hand experience with getting hit directly in the mouth with a baseball while NOT wearing a mouthguard while in high school. The resulting trauma to his face and mouth was unforgettable, and he wants to make sure that you are protected. Now there is no excuse not to protect your smile – **this usually costs \$275**, but this exclusive offer to the athletes of Redmond High will make the cost **only \$37!** No strings attached – no further obligation, nothing but a quick visit to Dr. Derenzy’s office, and a week later you’ll have a mouthguard that can protect you and your teeth! This is our way of giving back a little something to show our appreciation of our local student athletes.

## FAQs about Mouthguards

**Q: What are athletic mouth protectors?**

A: Athletic mouth protectors, or mouth guards, are made of soft plastic. They are adapted to fit comfortably to the shape of the upper teeth.

**Q: Why are mouth guards important?**

A: Mouth guards hold top priority as sports equipment. They protect not just the teeth, but the lips, cheeks, and tongue. They help protect children from such head and neck injuries as concussions and jaw fractures. Increasingly, organized sports are requiring mouth guards to prevent injury to their athletes. Research shows that most oral injuries occur when athletes are not wearing mouth protection.

**Q: When should my child wear a mouth guard?**

A: Whenever he or she is in an activity with a risk of falls or of head contact with other players or equipment. This includes football, baseball, basketball, soccer, hockey, skateboarding, even gymnastics. We usually think of football and hockey as the most dangerous to the teeth, but nearly half of sports-related mouth injuries occur in basketball and baseball.

**Q: How do I choose a mouth guard for my child?**

A: Any mouth guard works better than no mouth guard. So, choose a mouth guard that your child can wear comfortably. If a mouth guard feels bulky or interferes with speech, it will be left in the locker room. You can select from several options in mouth guards. First, preformed or "boil-to-fit" mouth guards are found in sports stores. Different types and brands vary in terms of comfort, protection, and cost. Second, **customized mouth guards are provided through your dentist. They are more comfortable and more effective in preventing injuries.** Dr. Derenzy can advise you on what type of mouth guard is best for your child.

## Keeping a Safe...and Healthy Smile

Does your child play any sports? Like stick hockey or soccer? Roller blades or skateboard? Shoot hoops? These are all contact sports.

The teeth and mouth need extra protection when playing any contact sport. A hit to the jaw and mouth can knock out or break a tooth. It can even cause a concussion or other injury to the head. Accidents can happen playing at school or home.

**Your child's mouth can be protected from injury by wearing a mouthguard. One fitted by the dentist will give your child the most protection. The best mouthguard, though, will be the one that is worn in the mouth when playing sports.**



### What to do if a tooth is broken or knocked out:

Don't panic. A dentist may be able to save and "replant" the tooth. Following are some tips on what to do if your child has a tooth knocked out from any injury:

- ✓ Never put aspirin or other medicines directly on the injured gum or tooth area. This can "burn" the tender area.
- ✓ **If the tooth is broken**, rinse the mouth with warm water, place a cold rag on the area where the broken tooth is and **call a dentist right away**.
- ✓ **If the tooth is knocked out**, find it, then rinse the tooth with warm water to clean it. Then carefully put it back in the gum where it came out.
- ✓ Hold that tooth in place with a clean, wet piece of gauze or paper towel.
- ✓ If the cleaned tooth cannot be put back in the mouth and held in the gum, put the tooth in a glass of milk.
- ✓ **Call the dentist right away for emergency care.**



### What to do for other dental emergencies:

- ✓ **Biting the tongue or lip:** Clean the area with a wet cloth or gauze pad. Put ice on the hurt area to help keep swelling down. If there is bleeding that won't stop, call the dentist or go to the emergency room.
- ✓ **Something stuck between the teeth:** Carefully use dental floss to try and remove the object. If that doesn't work, call the dentist. Never use anything sharp or pointed to remove what is stuck.
- ✓ **Toothache:** If food is stuck in the teeth, floss to get it out. Rinsing the mouth with warm water and swishing the water around may also help clean it out. **Do not put aspirin or other medicine on the sore tooth or gums.**

**Call Dr. Derenzy's Office Today at 541-923-2880 for your Protective Mouthguard!**