

# KNOCKED OUT TEETH DON'T RISK IT



Mouthguards  
.....  
should be  
.....  
worn for all  
.....  
contact sports. Even at training!..

**FACT**

Remember - proper sports gear includes proper mouth protection.



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## CONTACT SPORTS = MOUTHGUARDS

Wear a mouthguard when playing contact sports like:

> football	> hockey	> martial arts
> netball	> rugby	> soccer
> basketball	> boxing	> skateboarding

Some sports, such as cricket, need a full-faced helmet or face guard to protect teeth.

## HOW DO I GET A MOUTH GUARD?

Your oral health professional can make you a custom mouthguard.

OR you can buy a low cost do-it-yourself kit from a chemist or sports store.

## REMEMBER



Seek immediate dental advice for knocked out teeth or mouth injuries.

For dental emergencies call: 1300 360 054\*

Country callers can call: 1800 833 039

## ALSO

When you play outside, wear an SPF 30+ broad spectrum lip balm and sunscreen to help protect against skin cancer.

\*standard call charges apply