

ORO-DENTAL TRAUMA



Did you know?

Around **1 BILLION PEOPLE** worldwide are affected by **oro-dental trauma**. It is particularly common among children and young adults.

WHAT IS ORO-DENTAL TRAUMA?

Oro-dental trauma refers to injuries affecting the teeth, mouth and oral cavity. It includes injuries to the jaw and other facial bones, as well as fractured, displaced or knocked-out teeth.

RISK FACTORS

- ➔ Contact and combat sports
- ➔ Road traffic and bicycle accidents
- ➔ Falls
- ➔ Violence
- ➔ Unsafe playgrounds
- ➔ Tongue and lip piercings
- ➔ Misaligned teeth (which can increase the risk of injury)

WHAT YOU CAN DO



Wear a well-fitting mouthguard when taking part in contact or combat sports, even if you only participate occasionally, and when cycling. Where possible, choose a custom-made mouthguard: it provides the best protection. For children and adolescents whose mouths are still developing, a standard mouthguard may be adapted by a dentist. Ask your dentist for advice.



Wear a face cage or face shield when necessary. These can help protect the face during sports such as hockey, ice hockey, American football and baseball.



Wear the right helmet for your sport. Wearing the appropriate helmet can reduce the frequency and severity of injuries to the face, mouth, jaw and skull.

WHY PROTECTION MATTERS

Oro-dental trauma can happen in an instant, but its effects can have a lasting impact on everyday life. Oral injuries are often complex and may require lengthy and costly treatment. Severe injuries can also lead to tooth loss, affecting physical and emotional well-being, as well as quality of life.



WHERE TO GO NEXT

Oral health is important at every age. There are a series of fact sheets available to support you and your family at every life stage: infants, children, adults and older adults.



World Oral
Health Day
20 March



EVERYONE,
EVERYWHERE
IS INVITED
TO JOIN US

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