

Sports and Dental Trauma

With school starting and many fall sports beginning, it is important to consider the impact playing sports can have on the teeth and mouth.

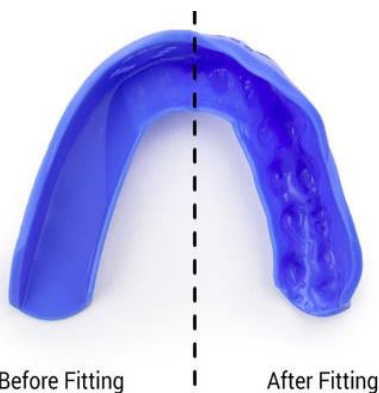


Standard stock mouthguard

There are many types of traumas that can happen to teeth: from a simple “bruise” or concussion where the tooth is hit but nothing breaks to a fracture (could be a small chip to a very large fracture or even a jawbone fracture), to the extreme where the tooth is completely knocked out. The way we treat dental trauma depends on the specific type of trauma and if the tooth is a baby tooth or an adult tooth. The important thing is to *see a dentist as soon as possible!!* Ideally after trauma a dentist should evaluate the area within 24 hours. For severe trauma cases, typically the sooner we can see and start treatment the better chance we have at saving or fixing a tooth. Even with early intervention a tooth may not be savable long-term.



What can be done to prevent dental trauma while playing sports? A mouthguard can be worn! There are many types: a standard mouthguard that you buy at the store, a boil and bite mouthguard which molds to the teeth, or a custom-made mouthguard made at the dental office.

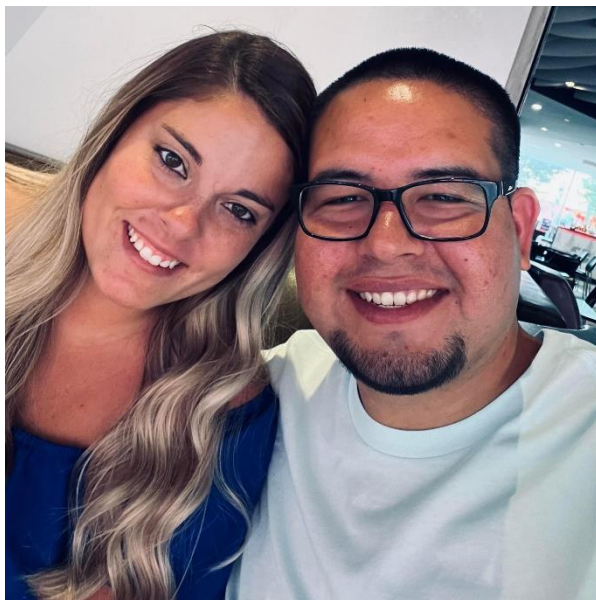


Boil and bite mouthguard



Contact or high velocity sports increase the risk of trauma to the teeth or face. A mouthguard is recommended as a preventative measure. A recent systematic review/meta-analysis found that dentofacial injuries overall account for 30% of injuries. At the Bad River dental clinic, we can make athletic mouth guards! Your teeth and gums need to be in good standing. The first step is to take an impression of your mouth. That impression is poured, and we use that model to make a mouthguard that fits exactly over your teeth. We will provide your first mouthguard to you free of charge, but if it is lost or damaged within 2 years you will be responsible for paying \$25 for a new one.

Staff Highlight: Travis Goggeye, Dental Assistant



Travis and Tatiana

Family: My beautiful wife Tatiana, my two daughters Avalynn and Liviana plus our 1.5 year old GSP Lola
Hobbies: Woodworking, skiing, fishing, playing fortnite occasionally, detailing cars
Hometown: I've lived in Ashland for 14 years now but I am originally from the Duluth/Superior area.
How long you have been in your position: I have been in my position for 4 months but I have been employed by the tribe for 14 years.
Favorite thing about working in Bad River: In my 14 years working for the tribe I have been fortunate enough to meet a great majority of this community and I am really appreciative of how kind everyone has been to me as well as my girls.
Hopes for the dental clinic in the next year: Expansion and offering additional services and creating more opportunities in growth.
Professional Interests: I plan on becoming a certified dental assistant and hopefully pursue education to become a dental hygienist.



Avalynn and Liviana



Lola

Normal business hours 8:00 – 4:30 PM
Monday – Friday
Closed for tribal holidays

Upcoming closure dates:
10/9/23, 11/10/23, 11/23/23,
11/24/23

Direct dental phone number:
(715)685-7887

Services we offer:

Call us with any questions or to schedule your appointment today!



- Comprehensive and periodic exams to monitor your oral health with radiographs
- Prophylaxis: regular dental cleanings
- Sealants: protective covering in deep pits/grooves of teeth to help prevent cavities
- SRP: scaling and root planning, aka “deep cleanings” for patients with periodontal disease
- Fillings: removal and replacement of cavities, replacement of missing tooth structure
- Root canals: removal of nerve within the tooth with a filling put inside tooth
- Extractions: pulling teeth
- Biopsies: testing of suspicious tissue
- Invisalign: removable trays to align teeth
- Whitening trays: trays that fit over teeth to put whitening gel in

- Crowns: full coverage restoration of teeth, aka “caps”
- Implant crowns: caps over screws that are placed in the jaw
We are not placing implants
- Brides/fixed partial dentures: full coverage restorations that stay in your mouth with pontics or “hanging teeth” to fill in a space or two
- Removable partial dentures: prosthesis that is removed nightly to replace teeth
- Complete dentures: full set of fake teeth that you remove nightly
- Other miscellaneous surgeries

As an IHS clinic we offer our direct services at no charge to tribal members from any reservation regardless of insurance status.

Direct services include things that we do directly at our clinic: exams, cleanings, fillings, root canals, and pulling teeth.

Services that have a fee include things we need to send off to a lab such as: crowns, bridges, partials, dentures, Invisalign



Crown



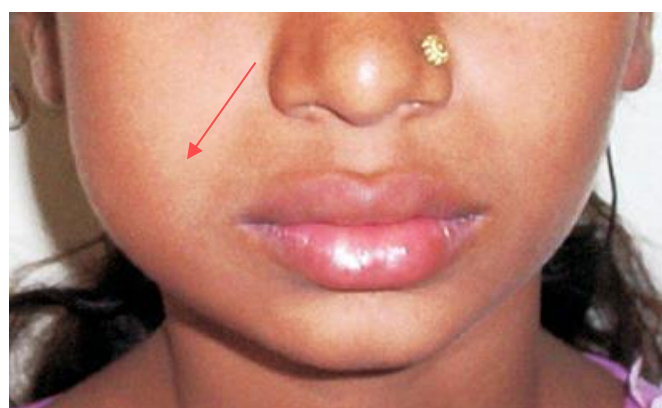
Bridge/fixed partial denture



Removable partial denture



Complete dentures



Example of dental emergency with lower right side of the face swelling from infected tooth.

Bad River Dental has an emergency walk in clinic. If you have emergency needs such as facial swelling or uncontrollable pain, we encourage you to come in from 12:30 – 3:00 Monday – Friday on days the tribe is open. Once here, you will be evaluated and seen based on severity.

If you have an urgent need such as a broken tooth without pain, please call us at (715)685-7887. If no answer, feel free to leave a voicemail.

Dental fun fact:
Dental implants are made of titanium. Oral hygiene is important to maintain them once placed or they can fail!

Ojibwe dental word of the month:
S/he has a sore tongue =
dewidenaniwe

Please email v.gokee@badriverhwc.com with any questions or topics you would like addressed in next month's issue! All submissions will remain anonymous.

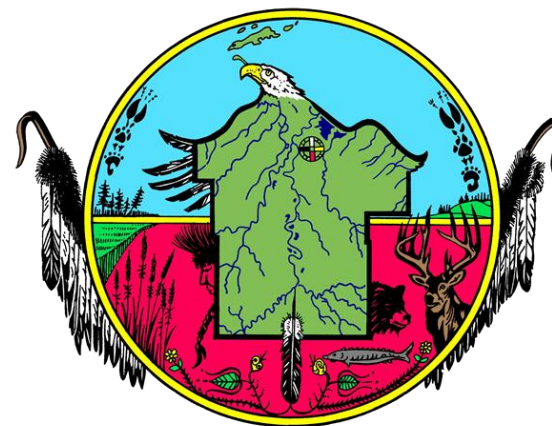
Dental emergency vs a dental urgency

Emergency patient: someone in need of immediate care and attention. Emergent needs include: significant pain, noticeable swelling on the face, difficulty opening their mouth and/or someone who has sustained trauma to the face within the past 24 hours.

If you have trouble breathing, swallowing your own spit, or swelling below the jawbone please go to the ER.

Urgency patient: someone in need of swift dental intervention. Urgent needs include: front tooth chip, broken dentures, lost crown/temporary on teeth without root canals, or need for medical clearance for surgery. These appointments can be scheduled and do not need to walk-in.

Miigwech for reading, please be on the lookout for our next monthly issue!



Works Cited

- “Athletic Mouth Protectors Mouthguards.” *Athletic Mouth Protectors (Mouthguards) | American Dental Association*, www.ada.org/en/resources/research/science-and-research-institute/oral-health-topics/athletic-mouth-protectors-mouthguards.
- Bourguignon C, Cohenca N, Lauridsen E, et al. International Association of Dental Traumatology guidelines for the management of traumatic dental injuries: 1. Fractures and luxations. *Dent Traumatol* 2020;36(4):314-330. <https://doi.org/10.1111/edt.12578>.
- Oliveira Werlich M, Honnef LR, Silva Bett JV, et al. Prevalence of dentofacial injuries in contact sports players: A systematic review and meta-analysis. *Dent Traumatol* 2020;36(5):477-88