

Eagan Orthodontics Practice Offers Mouth Guards to Youth Sports Program Participants

Image Gallery



Dr. Jennifer Eisenhuth, Eagan orthodontist

Dr. Jennifer Eisenhuth serves as a sponsor to numerous youth athletic programs each year by offering custom mouth guards to players.

Online PR News – 21-June-2010 EAGAN, ST. PAUL AND MINNEAPOLIS, MINNESOTA – Dr. Jennifer Eisenhuth’s Eagan, [Orthodontics](#) practice has come on board once again as a sponsor for several youth athletic programs.

Eisenhuth has sponsored local soccer, hockey, football and lacrosse programs for several years by offering custom-fitted mouth guards for players and providing check-ups to ensure players’ mouth guards fit properly to protect players from injury.

“Mouth guards are an important piece of safety equipment for children who play a variety of sports,” said the Eagan [Orthodontist](#).

They help protect against chipped or broken teeth, they help keep teeth from being knocked out, and they assist in protecting against root and bone damage, according to the Consumer Guide to Dentistry. Mouth guards also help protect players of all ages from getting more serious injuries including fractured jaws, concussions, neck injuries and cerebral hemorrhages, because they help prevent situations where the lower jaw jams into the upper jaw.

Keeping oral soft tissue away from the teeth helps prevent cutting and bruising the cheeks, lips, and tongue, particularly among athletes who also wear orthodontic appliances, the site stated.

“Something that is important for parents of young athletes to keep in mind is that as their children grow, last year’s mouth guard may no longer fit properly to prevent injury,” said Eisenhuth, an Eagan braces (<http://doctorjennifer.com/types-of-braces.php>) expert. “Kids outgrow their uniforms, skates, gloves and cleats, and they outgrow their mouth guards, too.”

Eisenhuth recommends that parents have a custom mouth guard made for their children, instead of buying an over-the-counter mouth guard in a sporting goods store. This is done by having an impression of the mouth taken. Once the mouth guard is fabricated according to the impression, Eisenhuth inspects it to ensure that it fits properly and enables the child to breathe and speak while it is in place.

A mouth guard that fits properly should remain in place during contact sports, be durable and should be tear-resistant, she said.

If parents opt out of the custom route, Eisenhuth, an Eagan Invisalign (<http://doctorjennifer.com/invisalign.php>) preferred provider, said it still is a good idea to bring in a store-bought mouth guard so she can inspect it while the child is wearing it to make sure it is of a proper thickness in the critical areas and that it fits snugly to protect the teeth adequately.

Learn More

If you are interested in scheduling an appointment for your child to be fitted for a mouth guard or you would like more information about Dr. Jennifer Eisenhuth, visit her Web site, <http://doctorjennifer.com/> or call (651) 406-8100. Dr. Eisenhuth's office is located at 3340 Sherman Ct. in Eagan.

About Dr. Jennifer Eisenhuth

Dr. Eisenhuth attended the University of Minnesota Dental School and graduated in the top of her class. She earned the Minnesota Association of Orthodontic Achievement Award and several academic achievement awards. She entered her orthodontic residency at the University of Minnesota and earned a certificate in orthodontics and a Master of Science degree.

Dr. Eisenhuth is a Diplomate of the American Board of Orthodontics.

She takes pride in caring for the orthodontic needs of residents in the Twin Cities- St. Paul and Minneapolis, and their surrounding regions, including Mendota Heights, Inver Grove Heights, Burnsville, Apple Valley and Eagan, Minnesota.

Her office is located at 3340 Sherman Court, Eagan, Minn., 55121.

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