

# Orthodontist in Minneapolis, Lakeville Gives Mouth Guards to Lacrosse Players

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<http://www.cosmoortho.com>

MINNEAPOLIS, MINNESOTA  
([rushPRnews](#)) 04/16/13 — — An ounce of prevention is worth a pound of cure.

Dr. Trudy Bonvino is putting that saying into action by giving about 300 lacrosse players in the Lakeville Lacrosse Association free mouth guards in an effort to prevent oral trauma.

Bonvino, an orthodontist at [Cosmopolitan Orthodontics](#) in Lakeville and Prior Lake, is an adult and [Minneapolis pediatric orthodontics](#) provider who treats patients from even far away.

She stresses the importance of all lacrosse players and players of any contact sport wearing mouth guards - particularly if they have [braces](#) or [Invisalign](#).

“The last thing you want is to be in orthodontic treatment and well on your way to a beautiful smile when you get a tooth broken or knocked out from a sporting accident,” Bonvino said. “We’re working to prevent that.”

A proper-fitting mouth guard will protect the teeth from trauma. Achieving proper fit is best accomplished by taking impressions so a custom mouth

guard can be manufactured.

When mouth guards fit correctly, they also help protect bone and tooth roots from harm, according to the Consumer Guide to Dentistry.

A mouth guard also protects against significant injuries such as concussions, fractured jaws, neck injuries and cerebral hemorrhages because they offer protection in situations when a player's lower jaw gets slammed into his or her upper jaw.

It's especially important to wear a mouth guard that fits properly when the athlete has braces. Whether the athletes are children or adults makes no difference, Bonvino said. Trauma can damage appliances, and brackets and wires can cause damage to soft tissue when a player is hit in the face.

Lacrosse players who already have mouth guards can bring them to Cosmopolitan's Prior Lake or Lakeville offices and have them inspected to make sure they fit correctly. It is wise to have them checked every season because last year's mouth guard may not fit a growing child. Players who are in orthodontic treatment may need a new mouth guard if their treatment has brought on significant changes in tooth alignment.

### **Learn More**

For more information about Dr. Trudy Bonvino, an [orthodontist in Minneapolis](#), visit the Cosmopolitan Orthodontics website, [www.cosmoortho.com](http://www.cosmoortho.com).

### **About Cosmopolitan Orthodontics**

Cosmopolitan Orthodontics has two office locations in Lakeville and Prior Lake, Minn. The facility features the latest in orthodontic technology. It is designed to provide an outstanding experience for patients and parents.

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