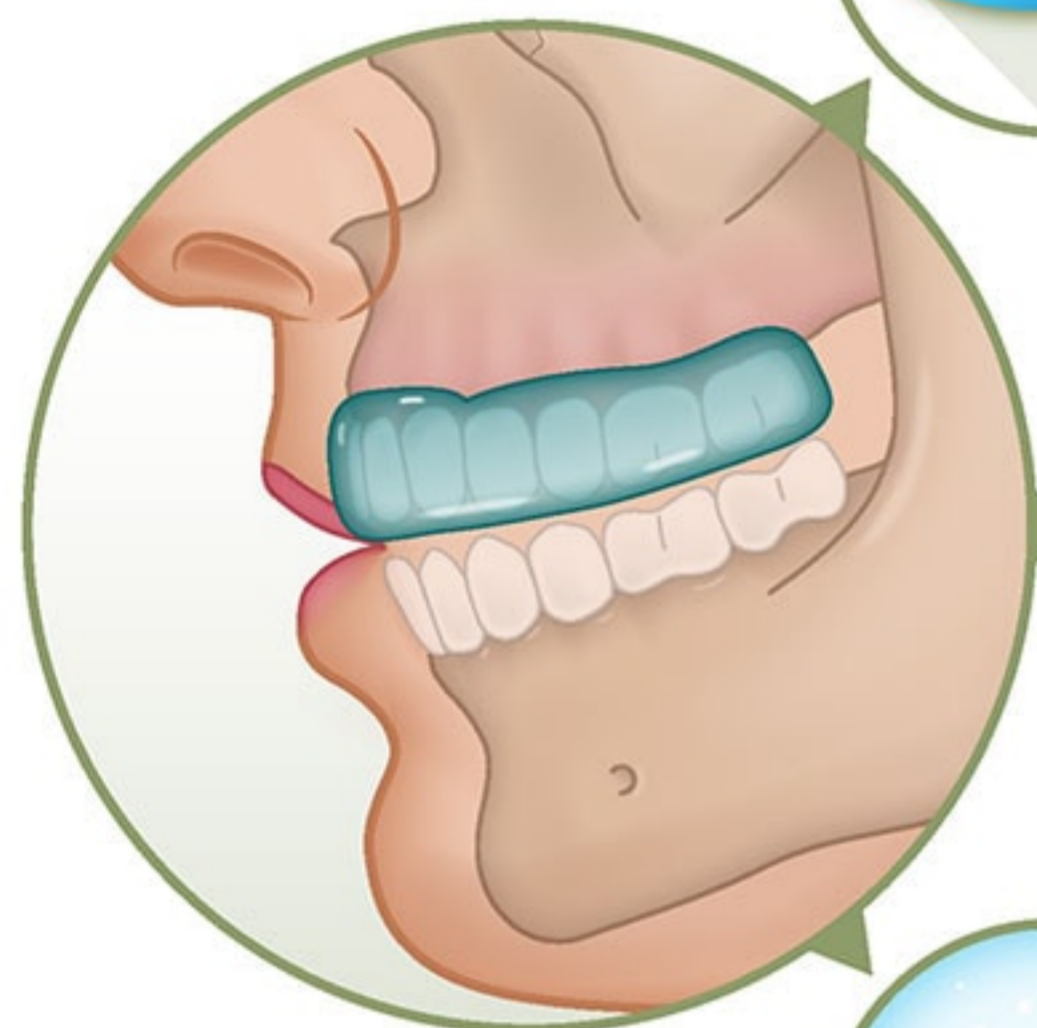


Mouth Guards

Play it safe with the right equipment!

3 types of mouth guards



Stock mouth guards

Pre-formed and may offer a bulky fit.



Custom-fitted mouth guards

Made by a dentist.



Boil-and-bite mouth guards

Made by softening in boiling water and placed in the mouth to shape.



Prevention is the best policy



You don't have to play at the professional level to sustain a **serious head injury**.



100 percent of athletes in contact or collision sports should wear a mouth guard.

Did you know?



60x

Athletes are **60 times** more likely to suffer harm to their teeth if they're **not wearing a mouth guard**.

11%–18%

of sports injuries are related to the **face**.



3%–39%

of all dental injuries are **sports-related**.



Children ages 7 to 11 are **most vulnerable** to sports-related mouth injuries.



2x

Males are **2 times** more likely to experience a **facial sports injury** than females, most commonly injuring the **two front teeth**.



\$500 million is spent replacing and repairing the more than **5 million teeth** injured or knocked out every year.



67%

of parents admit their child **doesn't wear a mouth guard** during organized sports.

Mouth guards should be



Fitted

so it does not misalign the jaw and throw off the bite



Lightweight



Strong



Easy to clean



The proper size

to cover the upper and/or lower teeth and gums



Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery®

Learn more about facial protection and mouth guards at:
MyOMS.org/SaveFace

Sources: American Association of Oral and Maxillofacial Surgeons, www.MyOMS.org; www.ada.org/~media/ADA/Science%20and%20Research/Files/patient_69.ashx; Meadow D, Lindner G, Needleman H. Oral trauma in children. *Pediatr Dent*. 1994;6:248–51; Young, E. J., Macias, C. R., & Stephens, L. (2015). Common Dental Injury Management in Athletes. *Sports Health*, 7(3), 250–255. doi.org/10.1177/1941738113486077; *Sports-Related Dental Injuries and Sports Dentistry*, www.dentalcare.com/en-US/dental-education/continuing-education/ce127/ce127.aspx; Sane J. Maxillofacial and dental injuries in contact team sports. *Proc Finn Dent Soc*. 1988;84(Suppl 6-7):1–45; Welch CL, Thomson WM, Kennedy R. *N Z Dent J*. 2010 Dec; 106(4):137–42; Report: 2011 Protective Sports Gear Survey by the American Association of Orthodontists

This information is not intended as a substitute for professional medical advice, diagnosis or treatment.