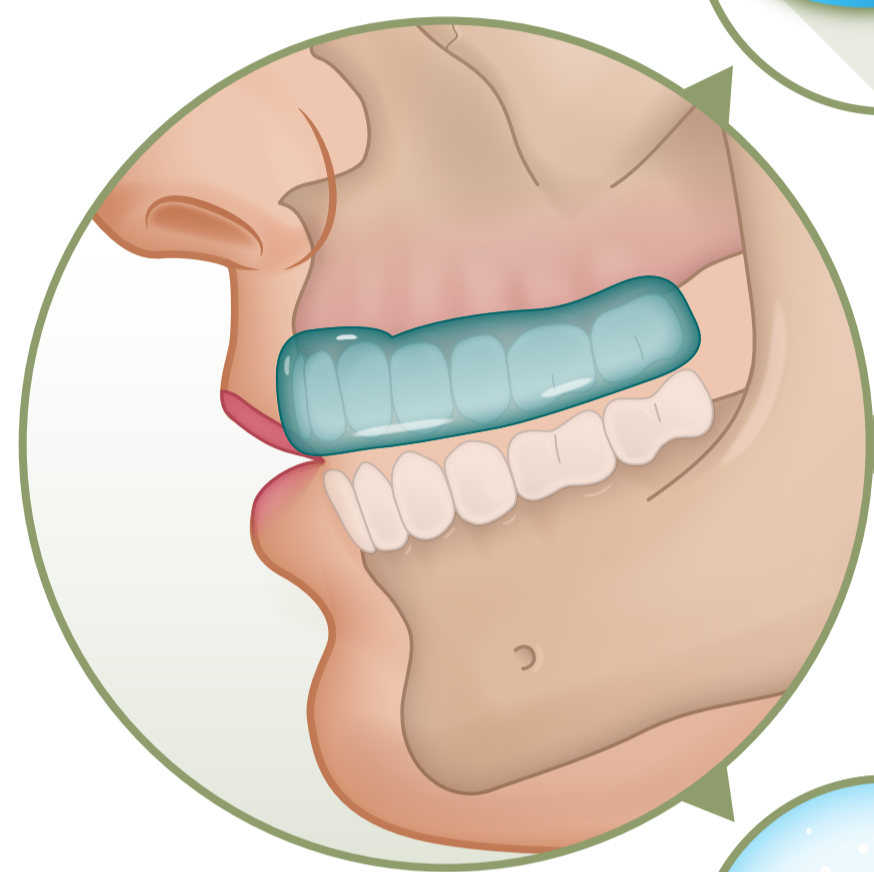


# Mouth Guards



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



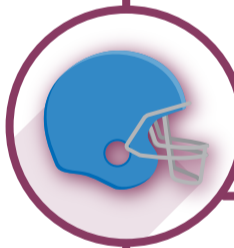
Made by a dentist.

### 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



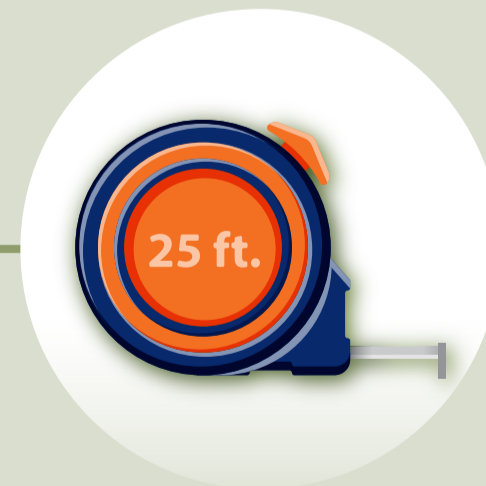
**Lightweight**



**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](http://www.MyOMS.org)  
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*This information is not intended as a substitute for professional medical advice, diagnosis or treatment.*