

# Mouth Guards

Play it safe with the right equipment!

## 3 types of mouth guards

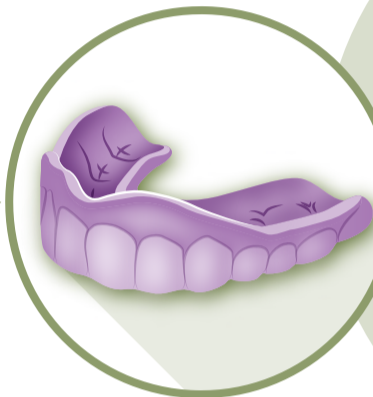
### Stock mouth guards

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 all 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

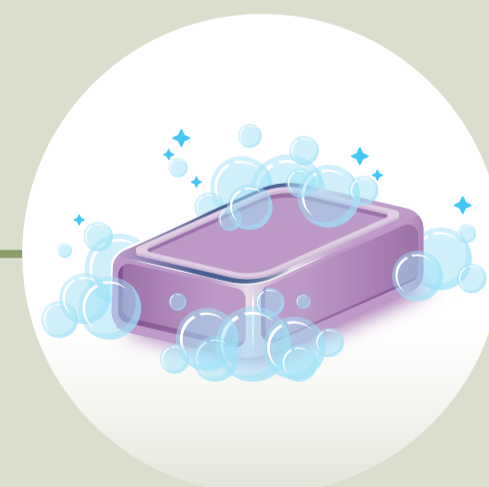
so it does not misalign the jaw and throw off the bite



### 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)  
[www.ada.org/~media/ADA/Science%20and%20Research/Files/patient\\_69.ashx](http://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](http://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.*