

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](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.