

April is National Facial Protection Month



Put on your happy face!

Face it. Save it. Make this a happy day.

Here are 10 face-saving tips brought to you by three dental specialties—the American Association of Oral and Maxillofacial Surgeons, the American Association of Orthodontists, and the American Academy of Pediatric Dentistry, co-sponsors of **National Facial Protection Month**



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Wear a mouth guard whenever you take part in a contact sport. A mouth guard can help prevent jaw, mouth and teeth injuries. Kids should play tag football, ski, climb trees, tumble, roller blade and do judo—wearing a mouth guard. Save their faces from injury.

Protect your head from mishaps by wearing a helmet whenever you're cycling or rollerblading. Keep your head about you and keep it safe.

Hockey, basketball and racquetball are all part of competitive fun. But **wear a face shield to avoid scratches or bruises while you're playing your favorite contact sport.** Save that winner of a smile.

Watch out for children when they're around pets. Keep your dog as your best friend—but also keep in mind that **in an average year, dogs play a part in 44,000 facial injuries in the United States.** Save children's love of pets—and their faces.

Always use the child safety seats for children under eight. Make buckling up a habit for the whole family. Seatbelts save faces and lives and prevent brain damage. Make that simple click part of your everyday life-saving behavior.

Protect your eyes. Whenever you play active games, wear protective eyewear. Save your sight.

Be prepared for the baby and toddler crowd. Pad sharp corners on tables. Lock cabinets. Install stairwell guards. Save and protect the faces of babies and toddlers.

Don't suffer your own injuries at sporting events. Be alert. Watch out for foul balls and flying hockey pucks. Take care when you walk up and down bleacher stairs. Save your smiles for the big plays.

Keep this a happy day! Buckle up, stay alert, play hard, play safe. Use your common sense. And keep smiling.

Save your tough questions for the experts. Visit www.aaoms.org, www.braces.org and www.aapd.org.