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

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

67% of parents admit their child doesn’t wear a mouth guard during organized sports.

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

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

3%–39% of all dental injuries are sports-related.

11%–18% of sports injuries are related to the face.

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

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.

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

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

Sources:

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