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.

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

60% of all dental injuries are sports-related.

$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.

100 percent of athletes in contact or collision sports should wear a mouth guard.

Did you know?

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

Prevention is the best policy

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

Oral and maxillofacial surgeons: The experts in face, mouth and jaw surgery

Sources:

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