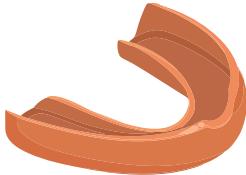


# Protect Your Smile: Mouth Guards and Safety

Keeping your child's mouth safe is important, especially during sports and outdoor play!



## What is a Mouth Guard?

A **mouth guard** is a soft cover you wear over your teeth. It helps protect your teeth, mouth, and jaw from getting hurt.

## When to Wear One

- During sports where you might fall, get bumped, or collide with others
  - » Soccer, baseball, football, basketball, gymnastics, taekwondo, martial arts, etc.
- Riding battery-powered scooters or bikes
- Skateboarding or rollerblading



## Why Mouth Guards Matter

Children are **60 times** more likely to hurt their teeth without one. Mouth guards prevent:

- Broken teeth
- Cuts on lips or gums
- Jaw pain
- Damage to braces

## Types of Mouth Guards



### Stock:

Ready to use



### Boil-and-bite:

Softens in hot water to fit better



### Custom-fit:

Made to fit your mouth

## Care Tips



Keep it away from heat



Store in a case when not using



Clean with soapy water after each use

## Did You Know?

- ★ Over 5 million teeth are knocked out each year in the U.S., costing \$5,000 – \$20,000 to fix.
- ★ **Helmets with face guards** protect your head and face.
- ★ Mouth guards help with teeth grinding at night.

