

QUESTION: WHEN DO YOU NEED A MOUTH GUARD, HELMET OR OTHER PROTECTIVE GEAR?

ANSWER: ANY TIME YOU'RE ENGAGED IN SPORTS!

Let's work together to protect your smile and good looks. Just by wearing a mouth guard, you cut the risk of knocking out teeth or breaking your jaw. A helmet or face mask will protect you against other serious facial injuries.

Chances are if you play in organized sports, your coach may already require that you wear protective gear. but did you know that even when you're riding your bike or getting a game together with the kids in your neighborhood that it's a good idea to wear a mouth guard, helmet and/or face guard?

Any time you're engaged in an activity where your face can come in contact with something hard—say another player, a ball, the pavement, or any hard object—it's a time that you should be wearing a mouth guard and other protective gear!

Repairing the problems that happen to teeth, jaws and other facial features is uncomfortable for the patient— and can cost *thousands* of dollars. Many injuries can be far less severe or even prevented altogether by the simple act of wearing a mouth guard and the right protective gear!

GET INTO THE FACIAL PROTECTION HABIT!

April is National Facial Protection Month is sponsored by the American Association of Oral and Maxillofacial Surgeons, American Association of Orthodontists and the American Academy of Pediatric Dentistry.

Facial protection is always a good idea!.

For more information, visit www.braces.org, www.aaoms.org or www.aapd.org.

