QUESTION	**WHEN DO YOU NEED A MOUTH GUARD?**
ANSWER	**ANY TIME YOU PARTICIPATE IN SPORTS!**

Protect Your Smile

Let's work together to protect that smile of yours. Just by wearing a mouth guard, you reduce the risk of knocking out teeth or breaking your jaw.

Chances are if you play in organized sports, your coach may already require that you wear a mouth guard. 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?

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!

Repairing the problems that happen to teeth and jaws 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!

Mouth guards are a smart investment in your dental health. Let's talk about selecting the right mouth guard for you.

Get Into The Mouth Guard Habit!

April is National Facial Protection Month

The Academy for Sports Dentistry, the American Academy of Pediatric Dentistry, the American Association of Oral and Maxillofacial Surgeons, the American Association of Orthodontists and the American Dental Association are teaming up to remind parents, coaches and athletes to play it safe when suiting up for recreational and organized sports.

Mouth guards are a good idea all year long.

National Facial Protection Month

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