

# Mouthguards

Protecting your smile while playing sports is essential when you have braces. Mouthguards help protect your teeth and gums from injury. If you play rugby, hockey, or other contact sports such as water polo, it is vital that you wear a mouthguard. Ask us about making a customised high-spec mouthguard just for you!

## Types of mouthguards

Choosing the right mouthguard is essential. There are three basic types of mouthguards: the pre-made mouthguard, the "boil-and-bite" fitted mouthguard, and a custom-made mouthguard from your orthodontist. When you chose a mouthguard, be sure to pick one that is tear-resistant, comfortable and well fitted for your mouth, easy to keep clean, and does not prevent you from breathing properly.

Our laboratory can make a personally designed, customised mouthguard to provide the highest level of protection for your teeth, either when you have braces on or after they come off. There are many choices of colour and style to personalise your mouthguard.

Pre-made mouthguards and boil-and-bite mouthguards can be purchased at most sporting goods stores and pharmacies, while custom-made mouthguards are specially designed by your orthodontist to provide optimal protection against mouth injuries.

## Taking care of your mouthguard

Similar to a retainer, braces, or any other special dental appliance, it is important to take care of your mouthguard by storing it properly and keeping it clean, as well as knowing when to replace your old mouthguard with a new one. Here are a few simple ways to keep your mouthguard clean and working correctly:

- Rinse your mouthguard after each game. If it needs more cleaning, gently scrub your mouthguard with a toothbrush and toothpaste.
- Store your mouthguard in a protective case.
- Do not leave your mouthguard in the sun or in hot water, because it may warp or become deformed.
- Replace your mouthguard at the beginning of every new sports season. You should also replace your mouthguard if you notice it has become worn and no longer fits properly.
- Do not wear a retainer with your mouthguard. If you wear braces, we will help design a mouthguard to protect your teeth and your braces.
- Do not chew on or cut pieces off of your mouthguard.

Sports related injuries to the mouth and jaw are some of the most common injuries received by athletes. Our goal is to help minimize your chances of a sports related injury to your smile. Be sure to ask us about mouthguards at your next appointment.

