

Can I wear a mouthguard if I have braces?

Yes, you can and should wear a mouthguard even if you have braces.

Removable braces

You should remove your brace and store it safely in a box or sealed container. Any of the three types of mouthguard can then be used.

Fixed braces

You can wear a mouthguard over the top of your fixed braces. All of the three types of mouthguards can be used.

Mouthguards can also be designed with channels cut away to allow space.

As your teeth move during your brace treatment your mouthguard may need to be reshaped or replaced. Your orthodontist can advise you when this needs to happen.

How do I look after my mouthguard?

When not being used your mouthguard should be stored in a safe, sealed container. After use the mouthguard can be cleaned in water using a soft toothbrush. Do not use hot water because this can soften the plastic and change the shape and fit of the mouthguard.

How often do mouthguards need replacing?

Your mouthguard will need to be replaced if it wears thin or if any teeth start to wear through the plastic. In growing children mouthguards also need to be replaced as the jaws and teeth grow.

What do I do if my mouthguard breaks or I lose it?

If you lose or break your mouthguard it will need to be replaced. You should not play any contact sports until your mouthguard is replaced.

What should I do if I have trauma to my teeth?

If you receive any knocks to your teeth or mouth whilst playing sport you should see your dentist or orthodontist as soon as possible.

Don't let this happen to you



Remember it is your responsibility to protect your teeth.

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

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Patient Information Leaflet

MOUTHGUARDS

BOS
BRITISH ORTHODONTIC SOCIETY

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There is an increased risk of damage to the teeth and mouth whilst playing contact sports and using a **mouthguard** can help to reduce this risk.

What is a mouthguard?

A mouthguard is a protective device that is placed inside the mouth to help shield the teeth and gums from injury. Mouthguards cover the teeth and gums. They act by absorbing some of the forces from knocks to the mouth.

How do I know if I need a mouthguard?

It is advisable to use a mouthguard whilst playing contact sports. This includes any sports where you physically interact with an opponent e.g. rugby, hockey and boxing. It is also advisable to use a mouthguard for any sporting activities where there is a risk that the mouth can be knocked.

To be effective your mouthguard should stay in place whilst playing the sport.

Different types of mouthguard

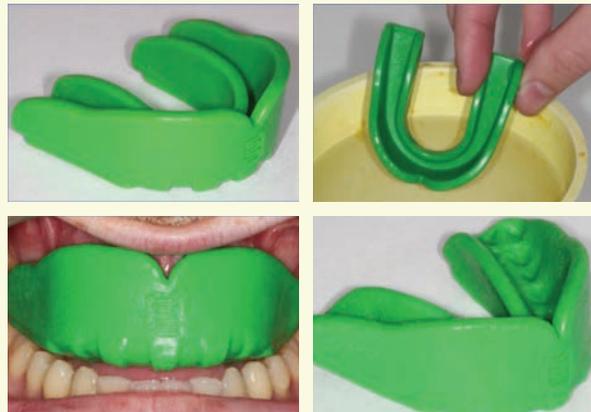
There are three main types of mouthguard:

- Mouth-formed ('boil and bite')
- Pre-formed
- Custom-made

What is the difference between the different types of mouthguard?

Mouth-formed ('boil and bite')

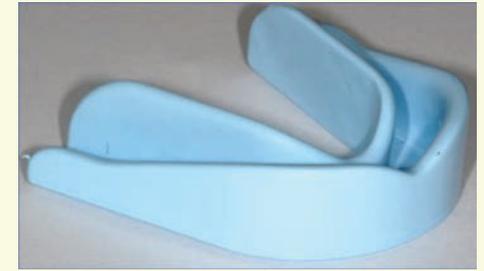
These mouthguards are bought ready-made. You place the mouthguard in hot water to soften the plastic and then place it in your mouth and form it around your teeth and gums. These mouthguards have a better fit and offer more protection than pre-formed mouthguards.



Mouth-formed mouthguard

Pre-formed

These are also bought ready-made and come in different sizes. They are not fitted specifically to your teeth. They may not fit as well and offer less protection than the other types of mouthguard. They are the cheapest type of mouthguard and can be bought in most sports shops and via the internet.



Pre-formed mouthguard

Custom-made mouthguards

These are made by a dentist or orthodontist specifically to fit your teeth and your mouth by taking dental impressions (moulds of teeth). This type gives the best fit and offers the most protection. They are usually the most expensive type of mouthguard.



Custom-made mouthguard