



MOUTHGUARD

A mouthguard is worn with braces to protect the teeth, lips, tongue, cheeks and braces.

Mouthguards have been shown to decrease injury to the temporomandibular joints (TMJ) and the intensity and number of head concussions. It is recommended that mouthguards are worn in contact, non-contact, competitive and non-competitive sports. They include but are not limited to the following sports; ice hockey, field hockey, football, soccer, basketball, volleyball, softball, wrestling, boxing, cycling, skiing, lacrosse, skateboarding, in-line skating, gymnastics, martial arts and rugby.

THERE ARE TWO TYPES OF MOUTHGUARDS: PRE-MADE AND CUSTOM MADE

- While wearing braces we recommend a pre-made store bought moldable, remoldable or non-moldable mouthguards, i.e. Shock Doctor. Once your orthodontic treatment has been completed we recommend a custom-made mouthguard for a much more comfortable fit.

CARING FOR YOUR MOUTHGUARD

- Brush and floss your teeth before wearing your mouthguard.
- Rinse your mouthguard with cool water or mouthwash before wearing or storing it in the plastic container. Avoid using hot water which can warp the shape.
- Store your mouthguard in a plastic container with ventilation for protection and allow it to dry out between uses.
- Pets love to eat mouthguards so leave it in a safe place where it cannot be reached.
- Mouthguards do not last forever. They need to be checked regularly for holes and other forms of damage. The mouthguard should be replaced if there are signs of damage or replace every two to three years.

