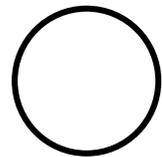


BUYING A CUSTOM MADE SPORTS MOUTHGUARD

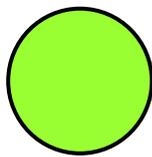
Our technicians can make a mouthguard for you on the day you have your fixed brace removed. We will just need to take an impression of your teeth to do this.

CHOICE OF MOUTHGUARD COLOURS AND COST

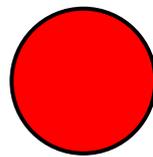
We provide custom made mouthguards in a choice of colours. These are latex free and should last you several years. If you would like to buy a sports mouthguard please talk to your orthodontist.



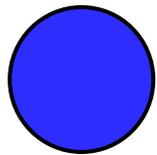
Clear
£35



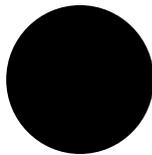
Bright green
£40



Bright red
£40



Royal blue
£40



Black
£40

FURTHER INFORMATION ABOUT SPORTS MOUTHGUARDS

If you would like to find out more about sports mouthguards, the British Orthodontic Society web-site is a good place to look.

www.bos.org.uk/orthodonticsandyou/orthodonticsforschools/playingsafe

Date issued: September 2021

For review: September 2023

Ref: B-368/Maxfax/KD/Sports mouthguards v2

Sports mouthguards available from the orthodontic department



University Hospitals Plymouth NHS Trust

Plymouth

PL6 8DH

01752 432983

www.plymouthhospitals.nhs.uk



Leading with excellence, caring with compassion



WHAT ARE SPORTS MOUTHGUARDS FOR?

It is always upsetting when teeth are damaged, broken or knocked out. This can happen when you are playing sport. Unfortunately the dental treatment needed to repair damaged teeth or replace missing teeth is time consuming and expensive.



A mouthguard (gum-shield) is like a “crash helmet” for teeth and is usually worn over the top teeth. A mouth guard is recommended for the following sports to reduce the chances of injuring your teeth.

boxing
cricket
cycling
football
hockey

horse riding
ice hockey
judo
kick boxing
lacrosse

martial arts
roller skating
rounders
rugby
skateboarding



CUSTOM MADE MOUTHGUARDS

Custom made mouthguards are made especially for you. A flexible plastic shield fits closely over your teeth, providing the best protection.

MOUTHGUARDS WHILE YOU ARE WEARING A FIXED BRACE

Because your fixed brace will be moving your teeth, a closely fitting custom made mouthguard will only fit for a short time and may need to be changed frequently. For some sports e.g. boxing, regulations insist that a custom made mouthguard is worn. But for other sports, it may be more practical to buy a mouthguard from a sports shop while you are wearing fixed braces.

The “boil and bite” style of mouthguard can be shaped and reshaped to fit over your teeth and fixed brace by softening it in hot water and moulding it into place. You can buy these mouthguards in a variety of sizes. Make sure you choose one that fits well. You will need to remould it and replace it during your brace treatment.

MOUTHGUARDS FOR AFTER YOUR FIXED BRACE

When your teeth are straight and your fixed brace has been removed, a custom made mouthguard is recommended. This mouthguard will be made to fit your teeth in their new straight position.

