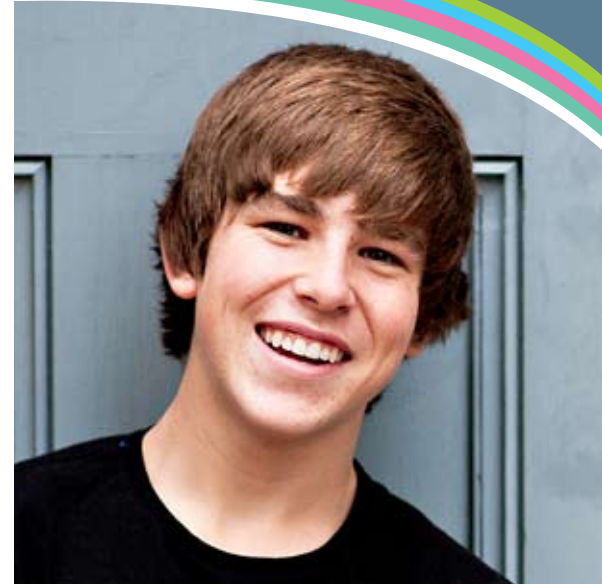


# Gumshields and braces



Wearing a gumshield, whether you are wearing a brace or not, is advisable for all activities where there is a reasonable chance of physical contact and essential for contact sports e.g. rugby, hockey, lacrosse.

Gumshields can be custom-made (made specially for you from an imprint of your teeth) or over-the-counter (these can be standard or mouldable). Total Orthodontics only recommend using the mouldable type as the fit is usually much better.

When there are both adult and milk teeth present in the mouth it is often not worth paying to have a custom-made gumshield since it is only likely to fit well for a short while. Total Orthodontics recommend **Shock Doctor** mouldable gumshields which are available from good sports shops or on the internet.

As soon as all the adult teeth have come through, Total Orthodontics recommend a custom-made gumshield which will provide the best possible protection for the teeth and jaws.

## Gumshields and Braces

When wearing a brace that can be removed, you should take out your brace and wear a well-fitting gumshield whenever taking part in contact sports.

When wearing a fixed brace that cannot be removed, you should have a gumshield that fits over the top of your brace. Total Orthodontics recommend **Powrgard** gumshields which are mouldable and specifically designed to fit over a fixed brace. These can be purchased from any of our practices and are imported specially for Total Orthodontics.

Alternatively, a custom-made gumshield can be fabricated to fit over your fixed brace and allow tooth movement to occur. If this type of gumshield is requested, an imprint will need to be taken once the fixed brace has been fitted and the gumshield will usually be ready for collection a week later.

For more information on how to keep your smile looking its best visit our website [totalorthodontics.co.uk](http://totalorthodontics.co.uk).



Your time to shine