



Braces and Gumshields

Information to care for
your mouth during sports



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It's important that you protect your teeth and mouth by wearing a gumshield for contact sports. Here's our advice on which gumshield is best for protecting your smile.

When do I need to wear a gumshield?

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 such as rugby, hockey and lacrosse.

What type of gumshield is best for me?

Gumshields can be custom-made (made specially for you from an imprint of your teeth), or bought over-the-counter (these can be standard or mouldable). We 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, as it is only likely to fit well for a short period of time. We recommend Shock Doctor mouldable gumshields, which are available from good sports shops or on the internet.

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

What type of gumshield should I wear if I have braces?

When wearing a brace that can be removed you should take out your brace and wear a well-fitting gumshield whenever you take 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. You can purchase a gumshield from reception that is specifically designed to fit over a fixed brace.

Alternatively, a custom-made gumshield can be made to fit over your fixed brace and allow tooth movement to occur. An imprint will need to be taken once your

fixed brace has been fitted, and your 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.