

# Mouthguard or Gumshield

- ?** **What is it?**  
Mouthguards and Gumshield is a different word for the same thing. It protects your teeth from damage if you suffer a direct blow to the mouth. When you have braces on the teeth it also protects the lips from its components such as the wires and the brackets.
- ?** **What types are there?**  
There are two main types including a pre-fabricated off-the-shelf product such as Shock Doctor or the Opro-Shield, and a custom made mouthguard that is made at a laboratory by a technician. It can be made in a variety of colours and patterns.
- ?** **Which is the best one for me?**  
The best mouthguard is custom made. An off-the-shelf mouthguard is recommended at a time when a mouthguard is needed urgently. It will allow you to participate in sport activities whilst you wait for a custom made mouthguard to be manufactured. So, it's vital that you have the correct mouthguard that offers maximum protection and a comfortable fit.
- ?** **How is it made?**  
The Orthodontist takes an impression (mould) of your teeth using a soft material and it gets sent to the lab. The technician casts a model of the teeth and then vacuums a sheet of rubbery material over the braces and teeth. The mouthguard is then cut into shape and polished. The Orthodontist will fit the mouthguard to make sure it holds and protects the teeth.
- ?** **How is it cleaned?**  
Rinse with water straight after use. It is best to use a toothbrush with liquid soap and water at home. It is also recommended to soak the mouthguard in a solution of water and tablet to disinfect it at least once a week if in use. Boiling water must be avoided as it will damage the mouthguard.
- ?** **The mouthguard is loose or does not fit?**  
Avoid trying to adjust it yourself. Bring it in to the Orthodontist who may be able to adjust it for you. If it is damaged it will have to be replaced.

You need a Mouthguard especially when:

- Your teeth stick-out.
- You have braces.
- The School or Sport instructor demands one.

Advantages:

- Protects the teeth from a sudden blow
- Easy to place and remove
- Suitable for children and adults.



Custom Made Mouthguard



Shock Doctor



Opro-shield