

### What do I do if my tooth is knocked out?

If an adult tooth is knocked out, keep calm and pick the tooth up by the crown (the white part). If it is dirty, rinse with cold water and ideally place back in its socket. If this is not possible, store the tooth in milk (not water). Contact your dentist or A&E immediately.

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# Contact Sports & Braces

Find out more about how to protect your  
teeth and braces!



### **Why do I need to wear a mouthguard?**

Around 40% of injuries to teeth happen during sport. During any contact sport a mouthguard will help to protect the teeth from injury by absorbing shock. It is particularly important to wear a mouthguard during your orthodontic treatment as it will help to protect the appliance from damage and reduce the risk of cuts to the mouth from the brace if the worst happens. Trauma or knocks to the mouth or teeth can cause serious life-long problems such as cracks or breaks to the teeth or roots, nerve damage or even tooth loss.

### **When do I need to wear a mouthguard?**

For any sports where contact is a possibility. This would include hockey, rugby, football, martial arts and all forms of boxing.

### **Is boxing a special case?**

The Amateur Boxing Association insist that all boxers must have a mouthguard that can stay in place when the boxer is breathing heavily with their mouth open and will ask for a letter from a dentist or orthodontist to confirm the mouthguard offers sufficient protection.

### **What types of mouthguard are there?**

The British Orthodontic Society recommend the use of custom mouthguards made from a mould of the teeth and braces taken by a dentist or orthodontist. Ortho-guard mouthguards (such as a Shockdoctor) or 'boil and bite' types give some protection but may not fit or stay in as well reducing their effectiveness.

### **What do I need to think about when choosing a mouthguard?**

Your mouthguard should be comfortable and suitably thick (usually 4mm at the front). It should fit well and not become dislodged on impact. A good quality custom mouthguard will include a name tag and the option of multiple colours. Colour matters as, for example, you cannot box with a red mouthguard.

### **How do I look after my mouthguard?**

Rinse your mouth guard with cold water before and after use or clean it with your tooth brush. Every so often give your mouthguard a thorough clean with cool soapy water, and rinse it thoroughly. When not in use it should be stored in a protective container. Don't expose your mouthguard to high

temperatures, hot water, hot surfaces or direct sunlight.

### **How long will it last?**

Your mouthguard won't last forever so it's important to check it regularly to ensure that it hasn't become worn or thin. During your brace treatment your teeth will be moving all the time, therefore it is particularly important to check the fit of your mouth guard to ensure it is providing effective protection. Remember when your braces are removed you will need a new, ideally custom made, mouthguard.

Read our blog and find out more at [www.queenswayorthodontics.co.uk](http://www.queenswayorthodontics.co.uk)  
You can also find out more information on mouthguards and brace treatment at [www.bos.org.uk](http://www.bos.org.uk)