

Mouth Guard

If your child plays competitive sports like football, soccer, baseball, hockey, basketball, or other contact sports he or she is at risk for hard hits to the teeth and jaw bones. Many sports injuries can be reduced or prevented by wearing the proper protective gear.

Injuries to the mouth and jaw can do enormous damage. Often injuries to the teeth need expensive repairs or replacements with dental implants. These type of injuries can ruin your child's smile. Dental injuries are one of the most common sports injuries and are often preventable. Facial protection is an easy step in preventing trips to the emergency room.

Dr. Broess and the American Association of Orthodontics recommend all kids who play sports to wear a mouth guard. The best protection is provided with a custom made mouth guard. Our office can make an affordable "in house" custom mouth guard that will provide better protection than most over the counter mouth guards. You can even choose from a variety of cool colors. The price of a custom made mouth guard is only \$150.00. This is just a fraction of the cost of a root canal or repair of a fractured tooth.



The best time to have a custom mouth guard made is at the time of removal of the braces. Please let us know if you want to give your child the proper protection from facial injuries.

If a custom-fit mouth guard isn't an option, try a "boil-and-bite" mouth guard. You can buy one in a sporting-goods store. You place the mouth guard in boiling water. Once the plastic is soft (but not too hot), you bite down on the mouth guard and mold the softened plastic around your teeth. If the mouth guard doesn't fit comfortably the first time, you can reheat it and do it again.