Mouth Guards - Orthodontics & Contact Sports

Protective mouth guards are an important part of safety against injury for youth and adults who are involved in sports. Professional mouth guards / sport guards can be made in many colours and different thicknesses proportional to the risks of the sport. For example, hockey players would need thicker guards than rugby players.

Mouth guards can aid greatly in reducing the potential for jaw fracture, concussion or severe tooth damage in the event of a blow to the jaw or teeth. They are highly recommended for athletes involved in all sports that could result in trauma to the head, jaw or teeth.

We recommend professionally fitted SISU mouth guards

Strength  Using revolutionary Diffusix™ technology, SISU™ mouthguards are 8 times tougher and 30-50% stronger than conventional mouthguards. You’ll be able to start each game with confidence knowing that no matter how hard you hit, your SISU™ is there to protect you.

Comfort  A mouthguard shouldn’t be something you dread having to wear because it’s uncomfortable. In contrast to the large, clunky guards you’ve come to expect, every SISU™ is a super-slim 1.6-2.4 mm thin. They’re so small that you’ll honestly forget you’re even wearing a mouthguard!

Hygiene  SISU™ provides a comfortable custom fit that allows you to keep your guard in your mouth the entire game or practice. You don't need to constantly remove your guard to talk, breathe or drink. This means that fewer germs will be transferred from your dirty, sweaty hands to your SISU™ Guard.
Remoldability  SISU™ is the mouthguard that allows you to adjust over time, maintaining utmost comfort and protection. Beyond custom fitting, every SISU™ mouthguard can be remolded to ensure the best fit.

Freedom  Mouthguards shouldn’t get in the way of your game, which is why every SISU™ is roughly half the thickness of conventional guards. When you wear a SISU, talking, breathing, and drinking are largely unobstructed, allowing you to keep your focus where it matters: on the next big play.

AERO GUARD
For Team Sports

MAX GUARD
For High-Impact Sports

JR.GUARD
For Youth Sports

SISU CASE
Protect Your Mouthguard
Orthodontics & Contact Sports

What are the risks to teeth?

The risk of tooth damage is increased in fast, physical sports or if moving objects are involved (such as bats and balls). Studies have shown that between 13% and 39% of all dental injuries are sports related. Approximately 25% of children in the UK will injure or lose a front tooth at some stage. Contact sports are increasingly popular which has resulted in a rise of traumatic dental injuries.

Should you use a mouthguard?

All dentists are lobbying for the mandatory use of mouthguards for all school children or club players participating in contact sports. Some dental insurance plans will not pay out if damage occurs during contact sports (including training sessions) if a mouthguard was not worn to lessen the risk. The British Orthodontic Society (BOS) advises orthodontic patients to wear a mouth guard over their fixed brace. In the UK, it is recommended that a mouthguard should be part of the sports kit. The Rugby Football Association’s website comments that: “In the best interests of players’ safety, we strongly recommend that all players wear a mouthguard during any contact rugby sessions. It has been shown that this significantly reduces the incidence of dental injuries”.

Why should you wear a mouthguard?

This may avoid cuts to the mouth from the brace, damage to the brace and may prevent dental injuries. Fortunately the brace itself gives a lot of support to the teeth so the main function of a mouthguard over a brace is to protect the brace and the mouth.

What are mouthguards made of?

Mouthguards are pliable and made from impact absorbing materials such as polyethylene vinyl acetate (pEVA). This is an odourless, tasteless, non-toxic polymer which offers resistance to abrasion and is durable enough to last at least a whole season of sports competition and training.
What types of mouthguard are there?

New mouthguards are designed to fit comfortably in the mouth and are not bulky, allowing easy speech, swallowing and breathing. The BOS advises that conventional mouthguards do not work with braces because the teeth are shifting, which means they become ill-fitting very quickly. Fortunately there are several different types of 'ortho-guard' mouthguards specially designed to fit over fixed braces and the BOS recommends that this is the best type to use with a fixed brace.

Your orthodontist will be able to advise on an appropriate mouthguard or advise the patient where to obtain the most suitable one to suit their needs:

What should you consider when choosing a mouthguard?

- It should be comfortable, well-fitting and not prone to dislodging on impact.
- It should provide adequate thickness of material over vulnerable areas to reduce impact forces.
- When biting lightly on the mouthguard, large areas of its biting surface should be in contact with the teeth in the opposing jaw to reduce the risk of jaw fracture.

How do I look after my mouthguard?

It is important to look after the mouthguard to ensure its longevity and continued effectiveness. It should be rinsed with cold water or a mouth rinse before and after each use and/or cleaned with a toothbrush. Occasionally the mouthguard should be washed more thoroughly in cool, soapy water and rinsed thoroughly. It should be placed in a firm, perforated container to store or transport it. This permits air circulation and helps to prevent damage. The mouthguard should be protected from high temperatures - such as hot water, hot surfaces, or direct sunlight - to minimise distorting its shape.

How often will I need to replace my mouthguard?

No mouthguard lasts forever and with use, the biting surface may flatten, wear or become thin over the biting edges of the front teeth, allowing the player to bite through the plastic during use. Once damaged, the mouthguard may fail in its ‘duty’ to protect. The mouthguard should also be inspected regularly to check its fit; this is particularly important for children who are still growing and for those who wear orthodontic braces.