

How To Find The Perfect Sports Mouthguard for Braces?

People who want to avoid injuries while playing sports can find **a sports mouthguard for braces**. Sports mouthguards are crucial if you are an athlete or play any sport. Many of you must know what a sports mouthguard is.

Sports guards act like mouth protectors worn over your teeth. They guard your teeth from a sudden blow to the face. Therefore, they are a crucial part of athletic equipment for sports players. So, if you play hockey, skateboarding, mountain biking, gymnastics, soccer, baseball, etc, you must wear a mouthguard for braces.

Since there are different types of **mouthguard for braces**, you might find it difficult to choose the correct one. In this article, we will discuss the tips for choosing the best **sports mouthguard for braces**.



How To Choose The Best Sports Mouthguard For Braces?

In this section, we will learn about the main types of sports mouthguards for braces. You can book an appointment with an [orthodontist Miami Beach](#) to determine the best mouth guard for braces. Normally, dentists recommend a device that is tear-resistant and comfortable to wear. Basically, there are three types of mouthguards for braces, such as;

Custom-made mouthguards:

Technicians design custom made mouth guards at dentist's office. According to the dentists they are the most comfortable mouth guards for braces as they fit in your mouth properly while offering the best protection. Your dentist creates an teeth impression to construct the mouth guard so that they fit comfortably in your mouth. However, they cause extra expenses.

Boil and bite mouthguards

Boil-and-bite mouthguards are available at sports stores or drug stores. They come with a predefined structure, but you can transform their shape according to your teeth' structure by boiling them in water. After boiling, you bite them to make them a customized fit. However, they are less expensive than custom-made mouth guards but do not offer the same defense as them. So, if you are looking for a less expensive option, you can choose them.

Stock mouth guards

These are ready to wear mouth guards and often fit in person's mouth very well. However, they are heavier and cause difficulty in breathing and talking.



Affordable braces for adults near me:

The cost of a sports mouthguard for braces may range between \$16 to \$ 33, though it depends on various factors like the type of mouthguard braces, location, etc. You can also explore them online to compare the prices and even buy them if your orthodontist recommends them.

If you are still confused regarding choosing the best option for the mouth guard, you must make an appointment with the [best orthodontists near me](#). It is so because, only professionals can help to take the right decision.

Note: Custom-fit mouthguards may fit well in your mouth initially but may cause issues later, especially during orthodontic treatment. If you consider it a big issue, you can opt for a boil-and-bite mouthguard. Visit the best orthodontist in miami beach.