

Why Do Dentists Suggest Wearing Mouthguards For Teeth?

A **mouthguard** is a dental appliance that is used to protect your teeth and gums from getting injured. Custom fitted mouthguard provides better protection and fits your teeth better than an over-the-counter mouthguard. A mouth guard protects your teeth, cheek, gums, and tongue from the trauma caused because of teeth grinding or sports injuries. A [dentist near me](#) suggests that it is important to wear a mouthguard if you play sports. You can even mouthguard over braces as the mouthguards are custom made to fit your braces that protects them from getting damaged.



What makes you a good candidate for wearing a mouthguard?

Usually, the people who play contact sports should wear mouthguards. Children and adults both can wear a mouthguard. Your dentist may recommend you a mouthguard if you or your child has a habit of grinding teeth or bruxism. In most cases, bruxism can be treated with the help of a **bruxism mouthguard** which evens out the pressure across the jaw and creates a barrier between your upper and lower teeth to prevent them from grinding with each other and causing further damage. It is the best **mouth guard for teeth grinding**. If you play sports and activities like ice skating, soccer, skating or gymnastics, etc. then it is better to wear a mouthguard to prevent any injury to your mouth.

Can you name the different types of mouthguards?



Mouthguards are used to protect the teeth and gums from any injury caused by any reason. These types of appliances look and feel different and serve different purposes. There are also various kinds of mouthguards available for different needs of patients. The types of mouthguards include-

- Boli and bite. These kinds of guards are made from a thermoplastic material that you can shape by yourself at home to fit your teeth. You should first begin with softening the guard by putting them in the hot water, then placing the softened guard into the mouth and using your fingers to press it onto the front teeth and molars.
- TMJ mouthguard. A TMJ mouthguard is a hard piece of plastic that helps in stabilizing and repositioning the jaw. [TMJ treatment near me](#) uses this guard to take the pressure off the jaw and reduce the signs and symptoms of TMJ.
- Custom fitted. The dentist takes the impression of your teeth to create a mouthguard that fits perfectly in your mouth and teeth. Custom fitted guards may be expensive for some people but they provide the best fitting possible.
- Over-the-counter-mouthguards. The **dentist's office near me** suggests this guard to help prevent snoring. These adjustable mouth guards often include sliding pieces that stay between your upper and lower teeth while you sleep. It prevents them from grinding in sleep.

Conclusion

Hereby, we can say that the above-given information provides us with useful information regarding mouthguards, the importance of mouthguards, who can wear mouthguards, types of mouthguards, and more, for further information please check out edgedentalhouston.com

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