



Athletics

A protective mouthguard is advised for playing contact sports. In case of any accident involving the face, check your mouth and the appliances immediately. If teeth are loosened or the appliances damaged, contact the office for an appointment. In the meantime, treat your discomfort as you would treat any general soreness.

We recommend the following protective mouthguard company:



shockdoctor.com

Dicks Sporting Goods

9901 Nicholas St
Omaha, Nebraska 68114

Scheels

17202 Davenport St,
Omaha, Nebraska 68118

Dicks Sporting Goods

Metro Crossing, 3816 Metro Drive
Council Bluffs, Iowa 51501

Dicks Sporting Goods

7403 Town Center Parkway
Papillion, Nebraska 68046



Musicians

If you play an instrument, you may find adjusting to playing with your braces a challenge. It is normal to have some difficulty with proper lip position and sores can develop as well. Liberal use of wax and warm salt-water rinses will help your lips and cheeks toughen. Don't shy away, practice makes perfect!