

Sports and Music Guide

How do I take care of my braces when I'm in sports or play an instrument?



The Orthodontists

Athletes

Can I still play sports when I have braces? You sure can! You may just have to take a few extra precautions than you might have before you had braces.

We highly recommend purchasing an **“orthodontic mouthguard”**. With the use of a proper orthodontic mouth guard any contact sport can be played with braces. Even in a **light contact sport like baseball a mouth guard is still a good idea**, just in case.



We do offer custom mouth guards that are \$230.00 each, however we recommend first looking at your local sporting goods store for a mouthguard that is meant for braces.

Typically they will be called **“braces fit mouthguard”** or **“braces mouthguard”**. **Shock Doctor** will likely be the brand that you see the most of, they are a great alternative to a custom mouth guard.



Musicians

Braces should not keep you from playing any musical instrument, **however wind instrument players may find that the addition of braces will require some getting used to**. Woodwinds, such as the clarinet and saxophone, tend to be easier to play with braces. Brass instruments, such as the trumpet or the French horn, are a bit more difficult.



It is very likely that **there will be an adjustment period** when you first have your braces placed and when they are taken off. But with practice, and perseverance you may play better than you did before braces! Having to learn how to work around your braces can give you the opportunity to correct bad habits that you may have adopted such as pinching to get notes out or applying too much pressure to play. **Braces are a big change, so be patient with yourself, we know you can do it!**

When you are first getting used to playing with braces we recommend practicing in **short 15-20 minute intervals to build up the calluses on the inside of your lips**. Make sure you rest just as much as you practice, learning a whole new way of playing does take time so go easy on yourself. You can also try **applying orthodontic wax to each of your brackets**, this is time consuming but in a pinch it can really help ease discomfort. If you find that you are still struggling, **ask your music teacher or peers if they have any tips** that could help you with your transition.

