Claims

1. A dental mouthpiece composed of a bendable material, the dental mouthpiece formed in a curve and comprising:

a main body portion at a central part of the curve and comprising a defined pocket having an anterior wall inside the curve, a posterior wall outside the curve, and a side wall in between the anterior wall and the posterior wall, wherein the anterior wall, the posterior wall, and the side wall define an interior portion of the defined pocket, wherein the posterior wall comprises a bridge structure protruding from an interior surface of the posterior wall in a wave shape, the protruding bridge structure comprising a plurality of spaced contact points that keep the anterior wall separated from the posterior wall during suction, wherein the spaced contact points are at crests of the wave shape, and wherein a plurality of troughs of the wave shape between the spaced contact points allow for suction through the bridge structure;

a cheek retractor portion connected to the main body portion and having a surface that applies pressure when the dental mouthpiece is bent, wherein the pressure is based on resilience of the bendable material; and

a suction connector portion for connecting the interior portion of the main body portion to a vacuum suction source, wherein the suction connector portion is connected to the main body portion on an end opposite the cheek retractor.

2. The mouthpiece of claim **1**, wherein the side wall includes a plurality of perforations.

3. The mouthpiece of claim **1**, wherein the anterior wall and the posterior wall each includes a plurality of perforations.

4. The mouthpiece of claim **1**, wherein the anterior wall further includes a slit along a central axis.

5. The mouthpiece of claim **1**, further comprising a stability bar protruding from an interior surface of the posterior wall, wherein a thickness of the stability bar reinforces stability during bending of the dental mouthpiece.

6. The mouthpiece of claim 1, wherein the main body portion, the cheek retractor portion, and the suction connector portion are injection-molded as one piece.

7. The mouthpiece of claim 1, wherein the material is a flexible, translucent, high heat-resistant, autoclavable silicone-based material.

8. The mouthpiece of claim 1, wherein the suction connector portion comprises an internal stop to assist in positioning of the vacuum suction source or a vacuum adaptor.

9. The mouthpiece of claim 1, further comprising a detachable mouth prop.

10. The mouthpiece of claim 9, wherein the detachable mouth prop comprises a strap configured to fit around the suction connector portion, wherein an external surface of the suction connector portion comprises a notch region corresponding to the strap, and wherein an external surface of the strap is substantially flush with a remaining external surface of the suction connector portion when the strap sits in the notch region.

11. The mouthpiece of claim 10, wherein the strap and other portions of the mouth prop are injection-molded as a single piece.

12. The mouthpiece of claim 9, wherein the suction connector portion further comprises an external plug protrusion corresponding to an opening in the mouth prop.

13. The mouthpiece of claim 12, wherein the plug protrusion fits into the opening to provide additional crush-resistance and decreased compressibility.

14. The mouthpiece of claim 1, wherein the suction connector portion comprises a cutout corresponding to a protrusion on a vacuum adapter for an interlocking fit.

15. The mouthpiece of claim 1, wherein the anterior wall and the posterior wall have different thicknesses.