



Mouthguards

Accidents in sports activities with a bat to the mouth, a ball to the teeth or a boot to the face are the most common cause of dental injury. Mouthguards can protect the teeth and mouth from injuries such as broken jaws, fractured, cracked or knocked-out teeth, cut lips and tongues by spreading and absorbing the shock of a damaging blow. They can also limit concussion.

Over the counter mouthguards are bulky and loose fitting making it hard to breathe. Due to poor fit they offer inadequate protection.

The best mouthguard you can get is one that is custom made by your dentist. An impression is taken of your teeth and a stone model is constructed which the technician uses to fabricate a mouthguard that is custom fitted to your teeth and gives maximum thickness and coverage. Custom-fitted mouthguards should be comfortable, allow you to talk, have maximum resistance against being dislodged and should not restrict breathing.



How long will it take to make?

Once the dentist takes the impressions of your teeth, our technician needs 3 days to construct the mouthguard.

What colours do mouthguards come in?



We have a range of colours so you can have a mouthguard to match your team colour including plain, dual or multicoloured. Your dentist can show you the colour selection when you come for your impression.

How long will my mouthguard last?

You should bring your mouthguard with you to your regular check up appointment so that your dentist can check it is still fitting correctly. If there are any major changes to your teeth such as a restoration or adult teeth coming through it may need to be adjusted or replaced.

How do I clean my mouthguard?

After use – rinse your mouthguard in cold soapy water, dry and store in the container that your dentist provided. Never leave it in the car or where it will be subjected to high temperature as this will cause distortion. Also dogs seem to love chewing on mouthguards so keep out of reach of your furry friend!

