



Sports mouthguards

We love sports at Richmond Road Dental. We encourage our patients to wear a custom-made mouthguard each time they run onto the field or court, whether training or playing.

That's because the most common dental injuries occur during sports activities.

Possible sports-related dental injuries include:

- broken or chipped teeth or fillings
- lacerations to the gums
- fracture of the jaw bones
- traumatic injury to the teeth (including knocking teeth out of place or even having the whole tooth knocked out of the mouth).

Whether caused by a bat to the mouth, a ball to the teeth, or a boot to the face, sports-related dental injuries can be painful and expensive to fix.

They are also largely preventable.

Sports mouthguards are like an insurance policy for your teeth! If you participate in any sport or activity that may lead to a forceful impact to your face, wearing a mouthguard will help protect your teeth, gums, and jaw bones.

Are all sports mouthguards the same?

Unfortunately, mouthguards bought over the counter are less protective than custom-made ones. The most protective mouthguards – and the most comfortable to wear – need to be custom-fitted to each individual's teeth.

Our custom-fitted mouthguards:

- are comfortable to wear
- allow you to talk
- don't restrict your breathing, even when you are sprinting
- have maximum resistance against being dislodged
- give your teeth the best possible protection from impact during sports.

What colours can I choose for my new mouthguard?

We can provide mouthguards in various colours, including plain, dual, or multicoloured. Choose your favourite colour or have a mouthguard made to match your team colours.

How long will it take to make?

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

How long will my mouthguard last?

You should bring your mouthguard to your regular check-up appointment so your dentist can check if it still fits correctly. If there are any significant 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 it, and store it in the container that your dentist provided. Never leave it in the car or anywhere that it will be subjected to high temperatures, as this will cause distortion. Also, dogs seem to love chewing on mouthguards, so keep out of reach of your furry friend!



Important to know

- If you already have a mouthguard, you are welcome to bring it to your next dental check-up. Your dentist will ensure it's still in good condition and ready to protect your teeth for the season ahead!
- Our mouthguards are made within five business days.
- This page contains general information about sports mouthguards. It cannot replace individualised advice from your dental practitioner. Please consult your dentist for specific recommendations about your oral health and necessary treatments.

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