

Mouthguards

What does a mouthguard do?

Mouthguards are worn to avoid potential damage to the teeth and soft tissues in the mouth. Damage caused by a knock to the face can potentially be **long and expensive** to repair. The Australian Dental Association states that wearing a mouthguard can also potentially help minimise jaw fractures and concussions caused by a collision.

Who should wear a mouthguard?

The Australian Dental Association recommends both adults and children who play a sport where there is a chance of a knock to the face should train and play in a fitted mouthguard. These sports would include **contact sports** such as football, rugby, boxing and martial arts and **collision sports** such as hockey, soccer, netball, skateboarding, where contact is not expected but can occur.

Are there different types of mouthguards available?

There are 3 types of mouthguards available

1. **Stock mouthguard:** purchased in prefabricated shape and are not moulded to your mouth at all. These are often poorly fitting and uncomfortable.
2. **Do-It-Yourself mouthguard:** can often be heated and slightly moulded to your mouth. They are often uncomfortable and offer little protection.
3. **Custom Fitted mouthguard:** these are purchased from your dental professional and constructed from a mould taken of your teeth, thus fitting perfectly into your mouth. These offer the best fit, maximum protection and comfort.

How long will a mouthguard last?

For adults: mouthguards could last several years. This depends upon frequency of use, care, changes to teeth such as large fillings, lost teeth and orthodontic movements.

For children: mouthguards may only last one season or less. This depends upon rate of growth of child, changes to teeth such as lost teeth, new adult teeth, orthodontic changes etc.

A custom fitted mouthguard should be considered a necessary part of sporting equipment such as new shoes.

What is the cost of a custom fitted mouthguard?

At Windsor Dentists, our mouthguards are not only custom fitted but also 'articulated'. This means they are constructed to sit comfortably when the bottom teeth come together with the top teeth, maximising their potential to stay in place during use.

A mould is taken of your top and bottom teeth and the mouthguard constructed (in a choice of colours). At your next appointment the fit of the mouthguard is checked, care instructions given and a great container for your mouthguard provided.

Remember: a properly fitted mouthguard is the only one that can be relied on to be in place at time of impact.