

Mouthguards

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Bowman
D E N T A L



What are the options?

There are two mouthguard options commonly available:

(i) Custom-fitted:

Your dentist creates your custom-fitted mouthguard using a plaster model of your teeth, ensuring the guard fits your teeth snugly and comfortably. A custom-fitted mouthguard does not affect your breathing and will only minimally affect your ability to speak.

If you or your children play a contact sport we highly recommend investing in a custom-fitted mouthguard to protect your teeth, lips and jaw. Custom-fitted mouthguards provide a higher rate of shock absorption and greater strength than a 'boil and bite' model bought over the counter. In addition to moulding the mouthguard to fit your mouth we offer mouthguard options to suit your sport. The dental profession recommend this option as the most effective in preventing serious injury;

(ii) Boil and bite:

These stock mouthguards can be bought at pharmacies, sports stores and some department stores. Boil and bite models require softening in very hot water; generally result in a poor fit and are often uncomfortable to wear. Care must be taken when inserting the hot, soft mouthguard into the mouth to mould it, as it can burn the soft tissues of the mouth.

For which sports is a mouthguard recommended?

The Australian Dental Association (ADA) recommends wearing a mouthguard for any sport where there is a risk of a knock to the face. Dentists assess the risk of injury in any one sport when determining the type of mouthguard to fit to the wearer. Sports

with a high incidence of contact (e.g. rugby, boxing, martial arts) call for a sturdier material and often a full (upper and lower) mouthguard fit-out. In these sports mouthguards should be considered compulsory.

A mouthguard is highly recommended for use in contact sports such as hockey, soccer, netball, basketball, waterpolo, squash, softball and BMX bike riding.

The ADA strongly recommends that mouthguards be worn during competition and during all training sessions, a prime time for injuries to occur.

My child wears braces/bands - is a mouthguard recommended?

If you are or your child is undergoing orthodontic treatment it is recommended that participation in contact sports should be avoided until treatment has been completed.

If sport must continue and you have braces, bands or fixed bridge work then you have even more reason to wear a mouthguard. As well as protecting your teeth and orthodontic fixtures from harm, the mouthguard can protect the soft tissues of the mouth from extensive damage caused from a knock to the mouth when braces or bands are present.

Personalising your choice

We can help you choose the right type of mouthguard to suit your sport.

Ask about the range of colours available and have your name and phone number stencilled on the mouthguard so it doesn't get lost.



This card is designed purely as an introduction to mouthguards. It is not intended to replace advice from a dental professional.

If you have any questions please feel free to talk to us in person.

We also have pamphlets containing more detailed information on this subject.

Kathy & team

