

The Terrace Dental Centre

Sports Mouthguard Information

Participation in a physical sport has a potential for damage to the teeth to occur.

A mouthguard is a specially made, rubber-like cover which fits exactly over your teeth and gums, they are like crash helmets for teeth.

A split lip will heal, but broken teeth don't. Dental treatment required to repair damaged teeth or to replace missing teeth is time consuming and can be costly.

It is important to wear a professionally made mouthguard when you play a sport that involves physical contact or moving objects.

This includes cricket, hockey and football (which can cause broken and damaged teeth) as well as American football, boxing and rugby (which can also cause broken or dislocated jaws).

Experts agree that incorrectly fitting mouthguards are ineffective, difficult to keep in place and have been known to work loose, causing problems with breathing and speech.

Mouthguards sold over the counter ("boil and bite" types) tend to fit badly and can be uncomfortable to wear. They can fall out or even cause choking.

In addition, they suffer from a decrease in thickness when bitten into place during their softened state. This gives a false sense of protection.

Our mouthguards are made with a material that is a soft, flexible polymer that is capable of absorbing high impact.

This helps to support the teeth and protect gums and the jaws.

They are individually moulded to casts of players teeth, this means that they fit securely.

A secure fit means that the mouthguard does not move and wearers are able to talk and breathe.

This extra protection can often boost the wearer's confidence during a match.

Mouthguards are not available on the NHS. Costs vary depending on the type and thickness of polymer used.

We recommend a heavy (5mm) thickness mouthguard for all uses for maximum protection. A single colour mouthguard costs £70 and multiple colours £80.

It is worth remembering that the cost of a mouthguard is minimal when compared to the damage it could prevent.

They can be custom made for individuals in one day if required.

Depending on your age, your mouthguard may need replacing regularly, especially if you are still growing, new teeth will come through and move into position.

The mouthguard may become too tight or too loose and will need to be remade to fit the new shape of your mouth.

Adults may not need to have their mouthguards replaced often, but like any other sports equipment they can suffer from wear and tear.

Please take your mouthguard to your dentist when you go for a dental check-up so it can be checked.