

Sports Mouthguards – Protection from Injury!

Not only protecting your teeth, a sports mouthguard can also prevent or reduce the impact of injuries to other parts of your head and jaw.

The Australian Dental Association states that there are 5 good reasons why you should wear a mouthguard when playing sport:



To give the best protection against injuries, mouthguards should be custom-fitted by your dentist. At Central Brisbane Dental, your dentist can accurately assess your mouth and determine the mouthguard that is most appropriate for you. Impressions are taken of your teeth and gums to form models on which your mouthguard is custom-fitted to provide the best result. This ensures the mouthguard is comfortable, well-fitting, allows clear speech, won't shift or fall out and won't restrict breathing.



Over-the-counter mouthguards have a poorer fit to your teeth and gums and hence do not provide enough protection against injuries to your teeth, mouth or jaw. Although over-the-counter mouthguards are cheaper, it is worthwhile investing in a custom-fitted mouthguard from your dentist as dental injuries can be more costly.

If a dental injury has occurred, please see a dentist straight away as time is critical in preventing permanent damage.

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