



### How can a mouthguard help?

A properly fitted mouthguard will help absorb the shock of a blow to the face, cushioning the teeth and jaws and reducing the risk of an injury to the mouth or jaw. A heavy blow to the mouth can result in chipped or broken teeth or may internally damage a tooth. In the most severe cases it may cause concussion or a broken jaw. Dental injuries can prove to be expensive, particularly over a lifetime and a properly fitted mouthguard is a cost-effective way to reduce this risk.

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# MOUTHGUARDS



**1300 SMILES**  
Dentists

## MOUTHGUARDS

You are in great hands at 1300SMILES. As one of Australia's largest dental groups, we provide high standards of patient care, support and clinical excellence, delivered to you by your dedicated local team.

We Care™ about ensuring you have your healthy smiles for life. However, every year, thousands of children and adults are treated for sports related dental injuries, and many of these injuries could have been minimised or prevented by wearing a properly fitting mouthguard.

Anyone who enjoys participating in sports where there is a risk of any injuries to the face should wear a mouthguard. This includes contact sports such as football, rugby and boxing, as well as collision sports where contact isn't so widely anticipated.

This includes activities such as baseball, basketball, hockey, horse riding and cricket. If there is any possibility that you might come into contact with a hard surface or another person while playing sports, a mouthguard is a worthwhile investment.



### What are the different types of mouthguards available?

#### Over-the-counter mouthguards

There are several types of over-the-counter mouthguards. These include standard mouthguards that do not require any type of fitting, as well as so-called boil and bite mouthguards that are adapted to fit. With boil and bite mouthguards, the mouthguard is first softened in hot water before being inserted into the mouth and shaped as best as you can to fit your teeth and gums. These types of mouthguards tend to be poorly fitting and less comfortable to wear, greatly reducing their effectiveness. Moreover, they do not tend to last very long as you can easily bite through them.



#### Custom-made mouthguards

1300SMILES can custom make a mouthguard by taking an impression of your mouth that is used to create a plaster model of your teeth. Each mouthguard can provide additional thickness in critical areas, giving the best possible coverage and protection while playing your chosen sports. Our mouthguards are made from tough, tear resistant material and are completely odourless and tasteless. A custom-made mouthguard is comfortable, will enable you to talk and breathe properly and cannot easily be dislodged.



### Why should I consider a custom-made mouthguard?



Although boil and bite mouthguards may offer a short-term solution, some studies have found they provide such a low degree of protection that they are only slightly better than not wearing a mouthguard at all. The Australian Dental

Association recommends a custom-made mouthguard as the protection offered by self-fitted and over-the-counter mouthguards is inadequate.

### How long will a custom-made mouthguard last?

1300SMILES will regularly check the condition of custom-made mouthguards supplied by our dental practices. This is to ensure the mouthguard still fits correctly and this can be particularly important for children whose teeth and jaws may still be developing. Adults may need to replace their mouthguard if they have any new dental restorations.

### How do I look after my mouthguard?

You should rinse your mouthguard in clean, cold water after each use and it should be stored in the container provided by 1300SMILES. Please take care to keep your mouthguard away from direct heat as higher temperatures can distort it.

### What to do if you do knock out a tooth

If you do knock out a tooth, please act quickly as sometimes it is possible to successfully reinsert it.

- Carefully pick up the tooth by the crown and rinse off any dirt but don't remove any loose pieces of tissue.
- Replace the tooth in the empty socket, making sure it is facing the right way round. Hold the tooth in place with a tissue or clean finger and seek immediate dental care.
- If you can't re-insert it, store it in your mouth or in a small container of milk and see a dentist immediately as reimplantation is more likely during the first thirty minutes.



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