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Mouthguards

Q. What is a mouthguard?

A. A mouthguard is a specially made, rubber-like cover which fits exactly over your teeth and gums, cushioning them and protecting them from damage.

Q. When would I need a mouthguard?

A. It is important to wear a professionally made mouthguard whenever you play sport that involves physical contact or moving objects. This includes: cricket, hockey and football - which can cause broken and damaged teeth; and American football, boxing and rugby which can all cause broken or dislocated jaws. A mouthguard will help protect against these happening.

Q. Where can I get one made?

A. Your dental team will be happy to make you a custom-made mouthguard, which will fit your mouth exactly and protect your teeth and gums properly. Custom-made mouthguards can prevent damage to the jaw, neck and even the brain - helping to prevent the concussion and damage caused by a heavy blow.

Q. How much will it cost?

A. Costs can vary from dentist to dentist. Ask your dental team about mouthguards and always get an estimate before starting treatment. When you consider the cost of expensive dental work and the risk of losing teeth, it is a small price to pay for peace of mind.

Q. How long do custom-made mouthguards last?

A. Depending on your age, your mouthguard may need replacing fairly regularly. If you are still growing, new teeth will come through and move into position. So the mouthguard may become too tight or loose, and will need to be remade to fit the new shape of your mouth. Adults may not need to have their mouthguards replaced quite

so often. But they are like any other form of sports equipment and will suffer from wear and tear. It is recommended that you take your mouthguard along to the dentist when you go for your check-up, so it can be checked.



Q. Can I get coloured mouthguards?

A. There are many types of mouthguard including striped, multi-coloured and clear.

Q. What do I do if I knock a tooth out?

A. Firstly, if you can find the tooth and it is clean, put it back into the socket yourself. If you can't put it back, put it straight into a cup of milk or keep it in your mouth.

- The sooner the tooth is replaced, the better the chances of success. If you have not managed to do it yourself, the dentist will put the tooth back. They may use a dental splint to fasten the tooth against the teeth on either side. In most cases this is successful, and once the splint is removed the tooth is stable. However, you will almost certainly need more treatment in the future.

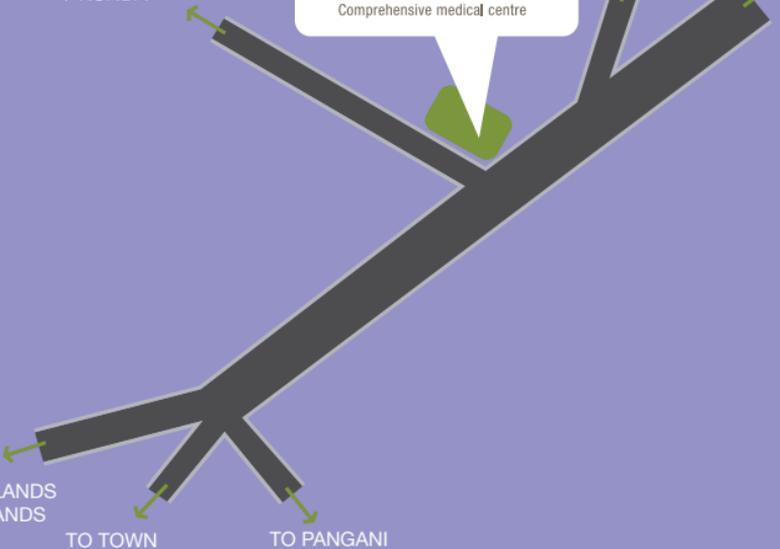
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