



dentist

ON PAXTON

**mouthguard
information**

a smile is a curve that sets everything straight



Every year thousands of children are treated for dental injuries, which could have been avoided or minimised by wearing a protective custom fitted mouthguard.

'wear a mouthguard!'

If you are involved in sports and activities where there is a risk of contact to the face then protect your teeth with a properly fitted mouthguard.

Why do you need a mouthguard?

A mouthguard helps absorb and spread the impact of a blow to the face that could result in an injury to your mouth or jaw. Damaged or dislodged teeth, broken jaws and cut lips are just some of the injuries that can occur if you don't protect your mouth.

When should I wear a mouthguard?

Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face there is a chance of being hit in the jaw or head. These include rugby football, hockey, netball, baseball, basketball and even skateboarding and skiing.

custom mouthguards

The Australian Dental Association (ADA) strongly recommends wearing a custom-fitted mouthguard from your dentist. Over-the-counter mouthguards don't provide enough protection from serious injury.

Custom-fitted mouthguards

Custom-fitted mouthguards are made by a dentist by taking an impression and creating a plaster model of your teeth.

When made by your dentist, a custom-fitted mouthguard is:

- *Comfortable*
- *Tight-fitting and less likely to dislodge*
- *Allows you to speak coherently*
- *Will not restrict breathing*
- *Your choice of colour*

Over-the-counter (boil & bite) mouthguards

These mouthguards are significantly less effective than custom-fitted mouthguards. Over-the-counter mouthguards can include stock mouthguards that do not require fitting and mouthguards that are self-fitting using hot water. These types of mouthguards do not fit as well and are less comfortable to wear than a custom-fitted mouthguard. This means they are less effective and sometimes can increase the risk of even greater damage to teeth.



'there are
easier ways
to **protect**
your child's
mouth
from sports
injury'





our team

Dr Jim Lazaredes **(BDSC) 1963**

Dr Graham Tegg **(BDSC) 1981**

Dr Sam Patel **(BDS) 1988**

Dr Jiten Rao **(BDS) 1990**

Mrs Michele Britton **Hygienist**

Ms Victoria Clark **Hygienist**



Opening hours

Monday to Thursday 8am to 5pm
Friday 8am to 4pm
Closed for lunch 12.30pm to 1.30pm

Contact Details

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Location

28 Paxton Street
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Urgent Treatment

Phone 4772 4944
During working hours you will be assessed and a suitable appointment time will be arranged.

On Weekends & Public Holidays you will be directed to the ADA dental emergency service.

