



# DENTAGUARD MOUTHGUARDS

30TH MARCH | 5.30PM - 7.45PM

1ST APRIL | 5.30PM - 7.45PM

Footscray Hockey Club policy states that all players should wear a mouthguard for training and during match play.

FHC's Hockey HQ stocks a variety of 'boil and bite' mouthguards.

We are very pleased to have arranged DENTAGUARD, who is coming to Footscray Hockey Club to safeguard you or your child. DENTAGUARD's doctor is a fully qualified dental prosthetist with over ten years experience in the dental industry. DENTAGUARD has worked with professional boxers, professional MMA fighters, AFL players, soccer players, basketball players, hockey players and others.

\$95 - \$115 (for children) and starting from \$115 (for adults).

We can also supply mouthguard cases if needed for \$7.

Payment is by cash on the night of the fitting.

All children under 18 years will need to have a consent form signed before the impression is taken. There is a 10-14 day turn around and mouthguards will be available for pick up at the club from Mel Sanders at your training session.

Receipts can also be provided for health insurance claims. Most health insurance companies provide between 60-100% return for DENTAGUARD products.

Please see below further information on mouthguards.

Please note there is no booking system this year, names will be taken in order of arrival.



# DENTAGUARD MOUTHGUARDS

## Mouth Guards: Why are they so important?

A mouthguard, custom-fitted by your dentist, can reduce the risk of dental injuries. Sport, leisure and recreation activities are the most common cause of dental injuries. About 2,000 dental injuries were treated in Victorian hospital emergency departments between 2002 and 2004. People under 25 are most at risk (71%).

Dental injuries can be painful, disfiguring and expensive to treat. Dental injuries may result in time off work or school to recover, and lengthy (expensive) dental treatment. A mouthguard, custom-fitted by your dentist and worn every time you play or train will protect against dental injuries. See your dentist for further information.

## Mouthguard features:

Wearing an appropriately designed and made mouthguard while participating in sport will protect against dental injuries. Players of all ages involved in sports and activities where they are at risk of an injury to the face should protect their teeth with a properly fitted mouthguard.

## A protective mouthguard should:

- be comfortable yet tight-fitting
- allow normal breathing and swallowing
- allow normal speech
- not cause gagging
- be odourless and tasteless
- be thick enough (4 mm) to provide protection against impact

## Types of mouthguards: The three basic types of mouthguard include:

- **Custom-fitted** – These mouthguards are made by a dentist or a dental technician to fit the person's mouth. They provide the best protection due to their close fit, comfort and cushioning (shock absorption) effect. They are the most expensive option. However, the cost of an injury to the teeth or jaw will be a lot more expensive. Dentists recommend custom-fitted mouthguards.
- **Boil-and-bite** – once the lining is softened in boiling water, the person bites on the mouthguard to help it take the shape of their mouth. These mouthguards may not conform to the person's bite and can be uncomfortable to wear. A 'boil-and-bite' mouthguard should be replaced each season.
- **Stock** – a ready-to-wear mouthguard that comes pre-formed. While these are the least expensive mouthguard, they also offer the least amount of protection. They tend to be uncomfortable and fit poorly.

## Reference:

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/mouthguards>