

Why a Laminated Mouthguard is better ...

- better prevents tooth loss
- better prevents tooth fractures and chipping
- protects against jaw fracture
- reduces the possibility of brain damage due to concussion
- protects against jaw dislocation
- minimizes the risk of spinal and neck injury
- protects against soft tissue lacerations and bruising
- superior fit
- allows clearer speech
- enables better breathing
- EVA material less likely to distort or fatigue
- unlikely to dislodge and cause choking
- ability to insert player's name and phone number
- allows the fabrication of custom made mouthguards using various layers of material and the addition of impact dispersion bands for added protection and safety
- offers 4 – 10 times the protection provided by chemist (Boil and Bite) mouthguards



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Mouthguards



*Patient Information
Brochure*

Sports Mouthguards

Sports mouthguards are essential in most contact sports played today.



31% of sporting injuries result in damage to the teeth, face and head. 95% of injuries involving teeth result in permanent disfigurement.

Many sporting codes not only recommend the use of mouthguards, their use is compulsory.

How does a mouthguard work

A mouthguard will minimize Impact forces by absorption of some of the energy by the material at the impact site and then distribution of the remaining energy throughout the mouthguard, spreading the force over a much larger surface area than the actual area of impact. This should occur without deformation or dislodgment of the mouthguard.

Using a mouthguard does not guarantee that no injury to the mouth will result from a sporting accident but a mouthguard will:

- reduce the risk of damage to the upper teeth by 90%
- reduce tooth loss and fractures
- reduce the chance of jaw fracture or dislocation
- reduce soft tissue laceration and bruise
- reduce the possibility of concussion
- reduce the risk of spine and neck injury



Are all mouthguards the same?

Three main types of mouthguard are available in Australia today.

1. Boil & Bite Mouthguards

The cheapest mouthguards, are sold over-the-counter at Chemists; they are placed in hot water and then moulded to shape directly in the mouth.

This type of mouthguard is made of a very soft material, does not fit accurately and can dislodge easily, making it a potential choking hazard. These mouthguards provide a false sense of protection.

2. Vacuum Formed Mouthguards

The most common mouthguard provided by Dentists, Technicians and Prosthetists The heated mouthguard material is pulled down over a stone model of the teeth using vacuum and then trimmed to shape.

3. Custom Mouthguards Laminated Under Pressure

Now considered the standard for mouth protection from sports injury after extensive research and field trials by the Dental Health Foundation-Australia.

Depending on the type of sport and the player's age, these mouthguards are constructed of 2-4 layers of a tougher plastic, ethylvinyl acetate (EVA) of varying thickness, each layer separately heated, adapted and bonded under pressure. Name tags are placed between the layers to help identify lost property.



Due to the high levels of heat and pressure used, a pressure laminated mouthguard fits more securely and will not distort and loosen with time.

Using this multi-layer technique, the thickness of the mouthguard in crucial areas such as over the front teeth and beneath the upper lip can be accurately controlled ensuring maximum protection.

All other types of mouthguards are often too thin in these regions. Pressure laminated mouthguards have been shown to provide 4 to 10 times the protection offered by other mouthguards.



Using your mouthguard

Wear your mouthguard for all matches, remember you can't predict accidents in sport, a sporting injury can happen at any time, even at training!

Wear your mouthguard when exercising and at training sessions

so it becomes second nature to you, vastly improving your on-field performance.

The superior fit and comfort of a laminated mouthguard allows clearer speech and breathing, reducing the need to remove your mouthguard during breaks in play in a game.

Caring for your mouthguard

After use, wash your mouthguard in warm soapy water and rinse. Keep your mouthguard in a plastic mouthguard case when not in use.

Never use hot water or store your mouthguard in a hot place (e.g. in a locked car) as heat may cause distortion. Stains and odours may occur with time, soaking in Polident or a similar denture cleansing solution will alleviate this.

Getting protected - what's involved . . .



- 1.** Impressions are taken of your teeth. The type of laminated mouthguard you need, and the colour are decided.
- 2.** Stone models are fabricated of your teeth and the prescribed layers of EVA are laminated over the upper model using high temperature and pressure. Impact dispersion layers (if required) and identification labels are placed between the layers.
- 3.** The bite from the lower teeth is registered in the mouthguard for added jaw support and comfort in the thicker mouthguards.