

INSTRUCTIONS FOR REMOVABLE APPLIANCES

Mouthguards - are an important Dental Health Measure for those participating active sports.

RESEARCH STATES YOU HAVE

- A** 10% chance of oral injury
- B** 33-56% chance of injury during playing lifetime.

Most Orthodontic patients are in the peak age group for Dental Trauma, due to contact sports and the presence of fixed Orthodontic Appliances.

MOUTHGUARDS PROTECT DENTAL STRUCTURES

- 1** Direct Trauma - eg. Moving, fracturing or knocking out teeth and possible jaw fracture.
- 2** Inter-occlusal Trauma - eg. Vertical splitting of posterior teeth
- 3** Indirect Trauma - eg. Damage to jaw joint

CUSTOM FORMED MOUTHGUARDS

- ➔ Made in our Dental Laboratory, from an impression of the patient's mouth. The cost is approx £40.
- ➔ This is a comfortable retentive and protective form of mouthguard.
- ➔ We offer a range of colours of mouth guard. This is constructed on the upper teeth.

EVIDENCE

- ➔ It is important that the mouthguard is kept in place for the duration of the sport participation.
- ➔ Mouthguards significantly reduce dental injury to almost zero.
- ➔ Laboratory research suggest the most effective mouth-guard is custom formed.

TYPES OF MOUTHGUARD

- 1** Universal mouthguard for during treatment
- 2** Custom-made for individualised fit post orthodontic treatment