

Custom Fit Mouth Guards

Why Wear a Mouth Guard?

Check out this video of NHL hockey player Zdeno Chara talking about the importance of wearing a mouth guard <http://pearlywhitesmobile.ca/blog-2/>



Importance of Mouth Guards:

A sports mouth guard is a removable dental appliance that fits over the upper teeth and gums. It redistributes and absorbs force throughout the appliance if you experience a direct blow to the jaw or teeth; basically, acting as a shock absorber.

Recently, regulations have changed in some hockey divisions, no longer making the use of mouth guards mandatory. I think the reason behind this change is due to the lack of evidence to prove whether mouth guards prevent concussions. There is still no clear evidence that the use of mouth guards prevent concussions; however the research is still ongoing.

Pearly Whites Mobile supports the use of mouth guards and encourages athletes to wear them to protect their teeth! Prevention is KEY. If helmets were no longer required would you stop wearing them?

Hockey is not the only sport, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding... ALL high risk sports! Protect your teeth!

A mouth guard is a cost effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from \$5,000-\$20,000. At Pearly Whites Mobile the cost of a custom fit mouth guard is \$50. The cost of hockey skates and other sports equipment can far exceed that.

SPORTS MOUTHGUARDS

- Protects the teeth, gums, and jaws in sports related injuries resulting from a blow to the face
- Prevent the loss or fracture of teeth in sports , where equipment can come in contact with a player's mouth and teeth
- Protects teeth from severe clenching which may cause fractures, excessive wear and or injury

THERE ARE FOUR TYPES OF MOUTHGUARDS

1. STOCK: "One size fits all" - available commercially in stores requires wearer to clench teeth together to hold it in place. These mouth guards are bulky, which makes it difficult to breathe and speak when wearing. This type is the least expensive and offers the least protection.
2. BOIL & BITE: Also available commercially. This guard is less bulky and a better fit as it forms to the individuals teeth. Still may require clenching teeth to hold it in place which impedes breathing and speech. Second least expensive compared to stock type.
3. CUSTOM FABRICATED: Created from an impression taken of teeth by a dental professional and fabricated to fit perfectly. Comfortable, not bulky, tight fit, no need to clench teeth to hold it in, allowing easier speaking and breathing. Superior protection compared to stock and boil and bite, but more expensive. However, since it stays in place, athlete not as likely to chew through them, making them last longer.
4. PRESSURE LAMINATED CUSTOM FABRICATED: Made in a dental laboratory from an impression of individuals teeth. This offers the highest level of protection as layers of material are fused together.

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Recommendations:

Pearly Whites Mobile recommends a custom fabricated mouth guard as it provides excellent protection and only costs a fraction more than the cheaper options. All of my clients are very happy with their mouth guard, especially after making the transition from a boil and bite to a custom fit.



MY MOST COMMON COMMENTS:

1. How comfortable they are!
2. Kids no longer chew through them (usually requiring more than one boil and bite per season)
3. They are compliant to wear them (usually having the appointment with them on and having to fight with them to take it off)

"Prevention is better than cure" you only have to protect the **teeth** you want to **keep!**

Call today to get fitted for your mouth guard.

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