

Getting a new mouthguard – a trip to the chemist or the dentist? - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/new-mouthguard-chemist-or-dentist/>

Details:

Getting a new mouthguard – a trip to the chemist or the dentist? - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 19 Jun 2015 Getting a new mouthguard – a trip to the chemist or the dentist?

Why do I need a new mouthguard? Whether it's for training or game day, wearing a new mouthguard is the easiest way to help protect your teeth, jaw and brain from injury when playing sport. What type of mouthguard should I wear? There are two common types: over-the-counter (boil and bite) mouthguard professionally made, custom fitted mouthguard A dentist-made, custom-fitted guard can not only save you from very expensive and inconvenient front tooth disfigurement, but will also greatly reduce your chances of potentially life-threatening brain injuries. A custom-made mouthguard fits your upper teeth perfectly and is indented so your lower teeth close into it. The indenting of your lower teeth into the mouthguard greatly reduces shock to your jaw joints. This is designed to lessen the risk of brain injuries to the middle and frontal lobes of the brain. An accurate fit and even thickness of material protects your teeth, gums, joints and jaws. A custom made mouthguard is comfortable, tight fitting, allows you to speak clearly, maximises resistance against being dislodged and won't restrict breathing.

Over-the-counter 'boil and bite' mouthguards range in price from around \$10 and upwards. And while their labels might have you believe otherwise, these mouthguards offer little protection and in some cases can be just as bad as not wearing a mouthguard at all. How is a custom new mouthguard created? Having a custom mouthguard made is simple. At an examination, your dentist will check to see if you require any dental work that may affect the fit of your mouthguard. Mouthguards can still be fitted if you have braces or if you wear a partial denture, in nearly all cases. Impressions of both upper and lower teeth will be taken, and a mouthguard fabricated from the most appropriate material for both your comfort and the nature of your sport. You can usually pick the colours! This process will provide you with the best fitting guard made specifically to suit your individual needs. Fabrication usually takes around a week. Once you have your mouthguard, make sure you keep it clean and store it in a firm container, away from heat to ensure it maintains its shape. When should I wear my mouthguard? You should wear a mouthguard when playing and training for any sport where there is a possibility of contact to the face. What sports require a mouthguard? This list is far from comprehensive but covers the most common sports: Football (all codes) Basketball Netball Hockey Martial arts (all) BMX and Motocross (along with your helmets) Cricket (wicket keeping, slips field positions and batting) Beach volleyball Baseball Softball Whitewater kayaking and rafting Some gymnastics Rodeo How often should

I get a new mouthguard? Mouthguards should be checked or remade every 12 months for optimal fit and protection. This is especially important for kids and teenagers with growing jaws. Custom made and fitted mouthguards are recommended by Smile Solutions to ensure maximum protection. Yes, custom mouthguards cost more, but what price can you place on the protection they give? Remember: custom made mouthguards significantly lessen the chances of very expensive major repairs to teeth (especially the front teeth) as-well-as potentially saving a life from brain injury. Smile Solutions specialises in creating custom-made mouthguards for our patients. Whether you're sports playing fanatic or a 'grinder', you can be confident your teeth are getting the best possible protection. To book a consultation with your dentist about a custom made mouthguard, simply call the friendly Smile Solutions reception team.

Articles from Smile Solutions
View Blogs
Specialist Care
Smile Solutions 18 Aug 2026
Endodontist vs Dentist for Root Canal: Why It Makes a Difference
Read More
General Smile Solutions 10 Aug 2026
Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health
Read More
General Smile Solutions 3 Aug 2026
How Much Does a Dental Crown Cost in Melbourne? Materials Compared
Read More
Specialist Care
Smile Solutions 18 Aug 2026
Endodontist vs Dentist for Root Canal: Why It Makes a Difference
Read More
General Smile Solutions 10 Aug 2026
Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health
Read More
General Smile Solutions 3 Aug 2026
How Much Does a Dental Crown Cost in Melbourne? Materials Compared
Read More
View Blog
Call Us 13 13 96
Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000
Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment
Our Services
General Dentistry
Cosmetic Dentistry
Orthodontics
Specialist Care
Dental Implants
Children's Dentistry
Emergency Dentistry
Why Choose Us
Our Team
Media Awards
Careers
Technology
Location
Holistic Dentistry
Quick Links
Contact Us
Articles
Packages & Offers
Dental Payment Plans
Understanding Your Treatment
Sitemap
Privacy Policy
Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply.

Close Our Services
General Dentistry
Dental Cleans and Hygienists
Wisdom Teeth
Emergency Dentistry
Root Canal
Tooth Fillings
Chipped or Cracked Teeth
Snoring & Sleep Apnoea
TMD & Teeth Grinding
Sport Mouthguards
Dental Anxiety
Cosmetic Dentistry
Porcelain Veneers & Crowns
Same Day Porcelain Veneers™
Composite Bonding
Professional Teeth Whitening
CEREC Restorations
Invisalign®
No Braces
All-on-4®
Dental Implants
Gummy Smile
Complimentary Cosmetic Consultation
Orthodontics
Invisalign
No Braces
Orthodontic Braces
Children's Braces
and Invisalign
Jaw Surgery
Dental Implants
All-on-4®
Dental Implants
Conventional & Immediate Implants
Dental Bridges
Bone Grafting
For Implants
Dentures
Specialist Care
Oral & Maxillofacial Surgeons
Prosthodontists
Orthodontists
Periodontists
Endodontists
Paediatric Dentists
Complex Dentistry
Children's Dentistry
First Visit To The Dentist
Children's Dental Emergencies
Children's Braces and Invisalign
Child Dental Benefit
Schedule
Kids Teeth Cleaning
Tips
Why Choose Us
Our Team
Our Location
Technology
Awards
Holistic Dentistry
Before After Gallery
Payment Plans
Packages & Offers
Contact Us
Call Us 13 13 96
Close Smile Solutions
AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today?
Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000
Contact Us
Call Us 13 13 96
Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000
Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment
Close Book Now