

Custom Sports Mouthguards

With school athletics starting practices this month, we like to take time to discuss the importance of sports mouthguards. According to the American Dental Association, more than 200,000 oral injuries are prevented each year in this country by custom fabricated sports mouthguards. While this might look like an impressive figure, it is also estimated by the National Youth Sports Foundation that more than 5 million teeth will be knocked out in sporting activities this year! Dental injuries are the most common type of orofacial injury sustained during participation in sports.

The benefits of sports mouthguard protection have been well documented. One such study showed that in football, where mouthguards are mandatory, only .07% of all injuries involved teeth or the oral cavity. Conversely, in basketball where mouthguards are not worn, 34% of all injuries to players involved teeth and/or the oral cavity! Obviously dental injuries could be significantly reduced if children, teens and adults involved in the following sports wore custom fabricated mouthguards: field hockey, wrestling, lacrosse, soccer, volleyball, baseball, softball, rollerblading, skateboarding, martial arts, boxing, hockey, kickboxing, and mountain biking.


Not all sports mouthguards are created equal! There are **significant** differences between a dentist fabricated, custom sports mouthguard and stock or boil-and-bite mouthguards typically found in sporting goods stores. The boil-and-bite types do not fit as accurately as a custom guard. Often, they are uncomfortable to wear and frequently interfere with breathing and speaking ability. They provide a false sense of protection due to the dramatic decrease in thickness when the child or athlete bites it into place during its softened state. Custom fabricated guards can have up to 6 levels of protection, depending on the age of the athlete and the level of contact or risk associated with the sport.

The lifetime dental rehabilitation costs can reach several thousand dollars per tooth, for the athlete or child that loses a tooth (or teeth) in a sports injury. This does not include the costs incurred with hours in the dental office and the possible developments of secondary problems such as periodontal disease. **The total rehabilitation costs for a single knocked-out tooth are more than 20 times the preventative cost for a custom laminated, professional grade mouthguard!**











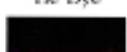
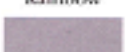






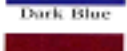
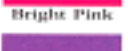


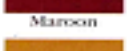

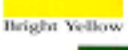
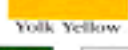
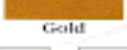
Please call our office if you have any questions or for more information on mouthguards!



Dr. Rinehart and Staff

A Custom Fit Ensures Protection




PLAYSAFE vs. Boil and bite

 Goldflakes	 Silverflakes	 Confetti	 Zebra
 Lava	 Lava-strip	 Tie Dye	 Rainbow
 Camouflage	 Camouflage-strip	 Deep Black	 Silver
 Light Blue	 Bright Blue	 Dark Blue	 Bright Pink
 Bright Red	 Deep Red	 Maroon	 Lilac
 Bright Yellow	 Yolk Yellow	 Gold	 Bright Green
 Deep Green	 Transparent	 Pure White	

 Sports  Ants **Team names and many other stickers available**

PLAYSAFE Tri-Lamination



3 Times The Protection

Lamination 1

Lamination 2

Lamination 3

Finished PLAYSAFE