

Benefits of a Mouthguard

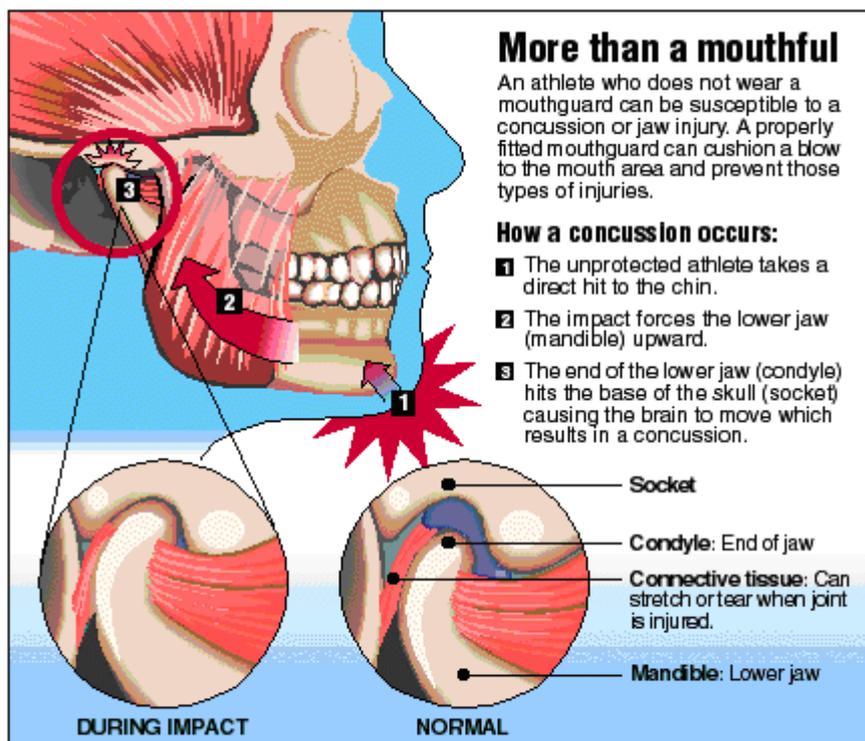
- The idea is that when a custom mouthguard is worn it helps to provide protection for the hard (teeth and jaw) and soft (lips, cheeks, gums) tissues of the mouth by way of absorbing and redistributing the forces generated by traumatic blows.
- The most significant benefit that a mouthguard can provide is protection against damage to teeth and dental work. When a blow is delivered to the mouth the forces of the impact are absorbed by the structures the blow lands upon. In the case of hard oral tissues such as teeth, a forceful impact can easily cause tooth fracture, result in tooth dislodgement, or damage existing dental work (dental crowns, bridges, porcelain veneers, dental implants)
- A sports mouthguard can help to dissipate the total amount of energy that has to be absorbed by any one tooth or region of the mouth. The spongy resiliency of a mouthguard can help to absorb some of the energy of a blow. The stiffness of the mouthguard can help to distribute the energy of a traumatic force over a greater surface area. Both of these effects will lessen the total force load any one tooth is subjected to and therefore lessen the likelihood that chipping, breaking, or even tooth dislodgement will occur.
- Sports mouth protectors can provide a psychological benefit for an athlete.
- An athlete might feel more confident and aggressive when they know they have proper mouth protection.
- The appearance of one's smile plays an important role in human relationships. Dental trauma that has not been treated, or has but the resulting dental work is in some way is less than ideal, can easily affect a person's confidence in social situations. Beyond just simple embarrassment this lack of confidence could easily lead to avoidance of social contacts and the benefits that they provide.
- Every professional athlete has a 35-56% chance of sustaining such an injury during their athletic career.
- Estimates show that over a lifetime, dental costs associated with a tooth that is knocked out and not replanted can be as much as 50 times the cost of a custom thermoformed mouthguard.

**GUARD YOUR
GAME**

- The single most important value of a mouthguard is the concussion saving effect following impact to the mandible (lower jaw). Ninety-five percent of all football concussions are transmitted through the mandible to the brain. Therefore, the use of athletic mouthguards should be encouraged in all contact sports.
- Mouthguards serve as a shock absorber to prevent concussions and brain injuries. With the proper thickness of 3 to 5mm between the teeth, mouthguards reduce the rate of a concussion by preventing the condyle (lower jaw hinge) from being forced into the base of the brain (temporal bone) at impact.
- Besides protecting against concussions and brain injuries, mouthguards also protect against neck injuries. Lastly, mouthguards protect the teeth by distributing the force of a blow over all of the teeth ultimately diminishing contact between the mandible (lower jaw) and the maxilla (upper jaw).

As an **Organization** it takes a lot of time and effort to get the athlete ready for the playing field. As an **Athlete**, you train hard and make a lot of sacrifices along the way to follow your dream.

Don't sell yourself short, train hard and back yourself. Always **Guard your Game** with a custom mouthguard, and you will be smiling long after the game is done.



Star-Bulletin

GUARD YOUR GAME

Caring for Your Custom Mouthguard

Caring for Your Mouthguard

Now that you have purchased your new custom mouthguard, here a few suggestions from the Mobile Mouthguard Team that will help you extend the longevity of your mouthguard. As is the case with anything that we use in our sporting day to day life, product care and simple maintenance can go a long way in helping us get the most out of our purchase. In your case, you are a proud owner of your very own custom mouthguard!

DO

- Rinse your mouthguard thoroughly with water before and after each use.
- Clean your mouthguard every so often by washing it with warm soapy water. It is also recommended every couple of months to soak your mouthguard in an antibacterial mouthwash or denture cleaning solution.
- Store your custom mouthguard in its case when not in use and keep in a cool place.
- It is recommended that kids up to the age of 18 replace their mouthguard every year due to growth and tooth movement. If adults take good care and maintenance of their custom mouthguard, it can last for a long time.
- Replace your mouthguard if it gets damaged.
- Last but not least, if you lose a tooth or undergo any major dental treatment, contact the Mobile Mouthguard Team immediately so we can organise to replace your custom mouthguard with a new one. Repeat customers are registered in our loyalty program and are entitled to a significant discount.

DO NOT

- No hot water and no tooth paste!
- Do not store your mouthguard near heat or in the sun!
- Do not chew your mouthguard or apply undue amounts of pressure on it.
- Do not attempt to adjust your mouthguard if it becomes loose or too tight. Contact a member from the Mobile Mouthguard Team and we will sort it out straight away!

GUARD YOUR
GAME

PRICELIST

Light - The Junior Sportsman **RRP \$180** **Registration Day Offer** **\$155***

Dual Layer laminated mouthguard generally recommended for kids up to the age of 14 years, depending on their tooth development. These are a great introduction for children into the discipline of wearing a protective mouthguard every time they play and train. *This is the level of mouthguard you would expect from your local dentist.*

Medium - The Aspiring Athlete **RRP \$270** **Registration Day Offer** **\$250***

Dual to triple layer laminated mouthguard for young sportsmen to adults. Recommended for the majority of club sporting which includes moderate to heavy contact sports. Upper and lower impressions are taken and your custom mouthguard is constructed with your bite registration/clench pad.

Heavy - The Serious Athlete **RRP \$350** **Registration Day Offer** **\$300***

Triple to four layers of laminated mouthguard, with a 0.8mm hard reinforcement layer and thicker clench pad, for the serious athlete demanding the best oral protection available! Recommended for full contact, high risk sports where the head may encounter direct blows. Used for competition at professional levels.

Extras

Fangs	\$20 \$10	Freestyle Colours	\$30 \$25
Custom Graphics	\$20 \$0	Half/Half Colour Combinations	\$10

***GST INCLUSIVE**

**100% MONEY BACK GUARANTEE IF YOUR NOT SATISFIED WITH
YOUR NEW CUSTOM MOUTHGUARD!**

Our custom made mouthguards do not guarantee that oral trauma will not occur, but is the highest possible protection available to prevent damage to the teeth and oral cavity

**GUARD YOUR
GAME**

CUSTOM MOUTHGUARD IMPRESSION DAY

Sunday March 18th 2018

9:00am – 11:00am

Mobile Mouthguards are proud to be offering all of the aspiring and elite athletes at the Willoughby Wildcats & North Shore Bombers for the 2018 AFL Season.

**DON'T MISS OUT
PUT YOUR NAME DOWN IF YOU WANT ONE**

**GUARD YOUR
GAME**