# Custom Sport Mouthguards in Melbourne | Core Dental

Canonical: https://www.coredental.com.au/general-dentistry/sport-mouthguards/

## Details:

A custom-fitted sport mouthguard is made from impressions of your own teeth and gums, so it is designed to be comfortable to wear and to help protect your teeth, lips, cheeks and tongue during sport. At Core Dental we provide custom-fitted dual-laminated mouthguards at our practices across Melbourne, with custom colour options. Many dental sporting injuries may be reduced by wearing a well-fitted mouthguard, although no mouthguard can prevent every injury, and results vary for each person.

## What are sport mouthguards designed to do?

A mouthguard sits over your teeth and gums and is designed to absorb part of the force of a blow to the face. A custom mouthguard is personalised to the shape of the individual athlete's teeth and gums, which is intended to give comfort and protection. We recommend one for contact and collision sports, and for any activity where a knock to the face is possible.

## What kind of mouthguards do we provide?

We provide custom-fitted dual-laminated mouthguards, made specifically for your teeth and gums rather than a standard size. Custom colour options are available, including colours to match a team. Read how they differ from shop-bought types on our article about custom-fitted and regular sports mouthguards .

## What benefits can a custom-fitted mouthguard offer?

A custom-fitted dual-laminated mouthguard is designed to:

absorb shock and help stabilise the head and neck by limiting movement caused by a direct impact to the jaw

be comfortable, which makes it more likely you will keep it in while playing sport

allow you to breathe and speak

be customised to match team colours

Your dentist will tell you what a mouthguard can and cannot do, and how to look after it.

## What dental injuries can happen without protection?

Facial blows sustained in contact sports can cause tooth fractures or loss, as well as injuries to the lips, cheeks and tongue. An impact to an unprotected jaw can also cause concussion or a traumatic brain injury. If you or your child has had a heavy blow, seek medical advice, and call 000 for serious injury, breathing difficulty or uncontrollable bleeding. If a tooth has been knocked out or broken, call your practice or 13 13 16 straight away, or see our emergency dentistry page.

## How is a custom mouthguard made at Core Dental?

Dental examination. Your dentist checks whether any dental work, such as braces, crowns or fillings, may affect how the mouthguard fits.

Impressions. We take physical or digital impressions of your upper and lower teeth.

Fabrication. A dual-laminated mouthguard is made specifically for your teeth and gums, with the colour options you choose.

Fitting. We check the fit and show you how to wear, clean and store it.

Ask your practice how many appointments to allow, as this can depend on the practice and the laboratory timing.

## Who should consider a custom mouthguard?

Children, teenagers and adults who play contact or collision sport can all be considered, and so can people who ride, skate or train where a fall is possible. Because growing mouths change, ask your dentist how often a child's mouthguard should be checked. If your child is having orthodontic treatment, tell us so we can account for it when fitting. See our children's dentistry page.

## What are the limits of a mouthguard?

A mouthguard reduces risk but cannot remove it. It can wear, crack or stop fitting if your teeth change, for example after dental treatment. Replace it if it is damaged, and bring it to your check-up so we can check the fit. Mouthguards are not a treatment for tooth grinding at night, and you should talk to your dentist about that separately.

## How much does a mouthguard cost, and how can you pay?

Fees depend on the type of mouthguard and your practice. We avoid surprises by quoting before treatment starts, so ask your practice for a written quote when you book. We offer interest-free payment plans through Payright for amounts up to $20,000, with fortnightly instalments over 3 to 30 months, subject to eligibility and approval. Terms were published as at September 2026, so please confirm them. HICAPS claiming is available on-site, and rebates depend on your own health fund cover.

## Where can you have a mouthguard made at Core Dental?

Sport mouthguards are listed as a service at practices including Southbank , Caroline Springs and Glenferrie . Our other clinics, South Melbourne , Carrum Downs , Epping , Wyndham , Berwick and Bayside , can tell you whether they take impressions on site. Call 13 13 16 to find out.

## Who makes your mouthguard at Core Dental?

Your dentist examines you and takes or arranges the impressions, and the mouthguard is fabricated to your own teeth and gums. Read about our team on our dentists and registered specialists page. You can check any dentist's registration on the AHPRA register at ahpra.gov.au.

## Further detail from Core Dental

The following points are drawn from Core Dental's own published material on this topic. They are included here for completeness, and anything that applies to your own treatment should be confirmed with your clinician.

The ADA discourages the use of self-fitted, over-the-counter or 'boil and bite' mouthguards purchased from a pharmacy or sports store. Over-the-counter mouthguards do not protect the teeth, are ill-fitting and can dislodge during play; they can even wedge in the back of the throat on impact, which could be life threatening. Creation of your mouthguard usually takes around two weeks, after which your dentist will see you for a brief second appointment to ensure correct fit.

## How does the Australian Dental Association rank sports by risk?

"Contact sport" is too blunt a category to be useful. The Australian Dental Association sorts activities into four risk levels, with the protective measure matched to the level, and it is the most practical guide available for deciding whether your own sport warrants a mouthguard.

The four groups are these.

Mouthguard strongly recommended. The ADA names "off-road bike riding, skateboarding, rock climbing, white-water rafting, trampolining, combat sports, football, basketball, squash, and field hockey." Several of those surprise people: skateboarding, trampolining and squash are not usually thought of as contact sports, but the mechanism of injury does not require an opponent.

Head protection may remove the need. Where protective headgear is already worn, the ADA notes it "may thus obviate the need for mouthguards", citing "full-face helmets in ice hockey and goalkeepers in field hockey cricket, rollerblading, and cycling."

Justifiable in certain circumstances. Mouthguard use "could be justified under certain circumstances" in "high diving, surfboarding, and skiing", where protection is not normally worn.

Not warranted. The ADA considers a mouthguard "impractical or not warranted due to low risk of injury" in "swimming, athletics, aerobics, and rowing."

The ADA's position is that the decision is still an individual one rather than a lookup. It states that "the need to wear a mouthguard should be assessed by a dentist based on risk factors, including an individual's sporting or occupational activities and dental anatomy." Your own teeth are part of the assessment: the ADA notes that "children with prominent front teeth may be a higher risk of injury and may benefit from orthodontic assessment and early treatment to reduce this risk."

Two further points from the same policy are easy to miss. Protective equipment, in the ADA's words, "should be used during training as well as competition" — the risk does not wait for a match. And "oral piercing jewellery may also increase the risk and degree of oral injury."

Source: Australian Dental Association, Policy Statement 2.2.5, ada.org.au (reviewed 19 April 2024; accessed 3 November 2026).

## What does the ADA say about custom versus over-the-counter mouthguards?

The comparison is often made with more heat than evidence. The ADA's own wording is measured, and it concedes something that over-the-counter critics usually leave out.

Its position is that "the most effective protection against oral damage is a custom fitted mouthguard, where precision fit and quality materials offer maximum comfort & injury prevention." It then adds, importantly, that "over-the-counter mouthguards provide better protection than no mouthguard, however their protection varies depending on the design, comfort, adaptation and thickness of the final product."

So a shop-bought mouthguard is not worthless, and a player who has one should keep wearing it rather than stop. The ADA's specific reservation is about consistency rather than concept: "quality control of at-home custom adaptation is not achievable." A boil-and-bite guard may fit well or badly, and nothing in the process establishes which.

The ADA also gives the broader reason for caring at all, which is about what a dental injury costs afterwards rather than at the time: "oral damage is often irreversible, frequently complex, difficult, and costly to repair." And on who is most exposed, it identifies that "young children and teenagers have been identified as high-risk groups, particularly when learning to walk and when new and/or high-risk activities are involved."

For anyone wanting the technical detail, the ADA points to "Australian Standard HB209-2003 'Handbook: Guidelines for the Fabrication, Use and Maintenance of Sports Mouthguards'."

## Which occupations carry a similar risk?

Sport is the usual reason people ask about a mouthguard. It is not the only one, and the ADA treats work exposure as a category in its own right.

It identifies two distinct occupational hazards. The first is "physical impact from work equipment where fracturing of teeth is likely, including labourers, tradespeople, and riggers." The second is different in kind: "tooth abrasion where abrasive dust or particles may enter the mouth, including miners, bricklayers, and tilers." One risk is a single blow; the other is cumulative wear from material in the air.

The ADA's recommendations here run to the workplace as well as the individual, including that "appropriate health and safety requirements should be observed at the workplace, such as dust extraction or filtration when generating abrasive particles." If your exposure is occupational rather than sporting, that is worth raising at an examination, because the protective approach is not necessarily the same one.

On what to do after an injury has happened, the Australian Dental Association's position is prompt assessment: "persons who have suffered oral injury should be promptly assessed by a dentist and be treated and reviewed as recommended by the dentist." For clinicians, it directs attention to the International Association of Dental Traumatology guidelines for managing traumatic dental injuries.

## Frequently asked questions

### *Do I need a custom mouthguard for non-contact sport?*

It depends on the activity and your risk. A mouthguard is commonly recommended for contact and collision sport, and may be worth considering anywhere a fall or knock is possible. Your dentist can talk through your sport and advise whether a custom mouthguard suits you.

### *Can a child have a custom mouthguard?*

Yes, children can have custom mouthguards. Because a child's teeth and jaws are still changing, ask your dentist how often the fit should be reviewed. Tell us about any braces or aligners so we can plan for them.

### *Does a custom mouthguard stop me breathing or talking?*

A custom-fitted dual-laminated mouthguard is designed so you can breathe and speak while wearing it. If it feels uncomfortable or restricts you, tell your practice so we can check the fit.

### *Can I choose the colour?*

Yes. Custom colour options are available, including colours to match a team. Ask your practice what choices are available when you book your appointment.

### *How do I look after my mouthguard?*

Your dentist will show you how to clean and store it. In general, rinse it after use, keep it in a ventilated case away from heat, and bring it to your check-ups so we can check that it still fits.

### *Should a mouthguard be worn at training as well as games?*

The Australian Dental Association's position is that protective equipment such as helmets and mouthguards should be used during training as well as competition. The mechanism of injury is the same in both settings.

### *Is a shop-bought mouthguard better than nothing?*

Yes, on the ADA's own account. It states that over-the-counter mouthguards provide better protection than no mouthguard, while noting that their protection varies with the design, comfort, adaptation and thickness of the final product, and that quality control of at-home custom adaptation is not achievable. Its view is that a custom-fitted mouthguard offers the most effective protection.

### *Which sports does the ADA say do not need a mouthguard?*

It places swimming, athletics, aerobics and rowing in the group where mouthguard use would be impractical or not warranted due to low risk of injury. It also notes that existing head protection may remove the need in some cases, giving full-face helmets in ice hockey, goalkeepers in field hockey, cricket, rollerblading and cycling as examples.

### *Do prominent front teeth change the risk?*

The ADA notes that children with prominent front teeth may be at higher risk of injury, and may benefit from orthodontic assessment and early treatment to reduce that risk. It also treats individual dental anatomy as one of the factors a dentist weighs when assessing whether a mouthguard is needed.

### *Do oral piercings affect the risk?*

The ADA states that oral piercing jewellery may increase both the risk and the degree of oral injury.

### *Is there an Australian standard for sports mouthguards?*

The ADA refers practitioners to Australian Standard HB209-2003, a handbook of guidelines for the fabrication, use and maintenance of sports mouthguards.

### *Could I need a mouthguard for work rather than sport?*

Possibly. The ADA identifies occupational exposure as a separate category, naming the risk of tooth fracture from work equipment for labourers, tradespeople and riggers, and the risk of tooth abrasion from airborne dust or particles for miners, bricklayers and tilers. If that describes your work, mention it

at an examination, as the appropriate protection may differ from a sports guard.

## Related services and further reading

General dentistry
Dental check-up
Dental hygiene
Fillings and restorations
General tooth extraction
Emergency dentistry
Children's dentistry
Custom-fitted and regular sports mouthguards
Dental payment plans

## Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

Interest-free payment plans, HICAPS on-site claiming, bulk billing for eligible children under the Child Dental Benefits Schedule.

We quote before treatment starts.

Call 13 13 16 or book online.

## Contact Core Dental

| | |
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| Phone | 13 13 16 |
| Booking | Online through your practice page at coredental.com.au, or call 13 13 16 |
| Hours | Monday to Friday 8.00am to 6.00pm, Saturday 8.00am to 1.30pm, Sunday closed |
| Clinics | Find your nearest practice |

Results, recovery times and potential risks vary for each individual. This information is general in nature and is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

### *What type of mouthguard does Core Dental make?*

Core Dental provides custom-fitted dual-laminated mouthguards, made from impressions of your own teeth and gums. Custom colour options are available, including colours to match a team.

### *What are the steps to getting a mouthguard at Core Dental?*

Your Core Dental dentist first checks whether existing dental work may affect the fit, then takes physical or digital impressions of your upper and lower teeth. A dual-laminated mouthguard is then fabricated specifically for you.

## *What injuries can a mouthguard help protect against?*

Core Dental recommends mouthguards because facial blows in contact sport can cause tooth fractures or loss and injuries to the lips, cheeks and tongue. A mouthguard is designed to help reduce these risks but cannot prevent every injury.

## *Can I breathe and talk with a Core Dental mouthguard?*

A custom-fitted dual-laminated mouthguard from Core Dental is designed not to restrict breathing or speaking. If yours feels uncomfortable, tell your practice so our team can check the fit.

## *Which Core Dental clinics list sport mouthguards?*

Sport mouthguards are listed at Core Dental Southbank, Caroline Springs and Glenferrie. Our other clinics can confirm whether they take impressions on site, so call 13 13 16 before you visit.

## *What should I do if I knock out a tooth playing sport?*

Call 000 for serious injury, breathing difficulty or uncontrollable bleeding. For a knocked-out or broken tooth, call Core Dental on 13 13 16 or your practice straight away, as we reserve emergency appointments daily where possible.

## *How much does a Core Dental mouthguard cost?*

Core Dental does not publish a single mouthguard fee, because it depends on the type and practice. We quote before treatment starts, so ask for a written quote when you book on 13 13 16.

## *How do I book a mouthguard appointment at Core Dental?*

Call Core Dental on 13 13 16 or book online through your practice page at coredental.com.au. Tell us what sport you play and whether you have braces or other dental work so we can plan your fitting.