

Opening Hours  
Mon 9am - 7pm  
Tues 9am - 6pm  
Wed 9am - 6pm  
Thurs 8am - 4.30pm  
Fri 8am - 3.30pm



## Sports Mouthguards



Petre Dental Surgery

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## REFER A FRIEND

The surgery runs a refer a friend scheme, where we donate £5.00 to our chosen charity "NightSafe" for every new patient we see referred by you.

# Why wear a mouth guard?

With no mouthguard, a blow to the lower face sends shock waves through the skull. A direct impact can fracture the front teeth. However other blows, particularly to the lower jaw, can cause a different type of damage. A blow to the lower jaw can slam the jaws together and the sudden impact of the relatively sharp lower teeth into the back of the upper teeth is like a chisel, causing a fracture of the upper teeth by punching them forwards. In some cases, the transmitted forces can lead to a fracture of the lower jaw, or will travel through the jaw joint (TMJ) into the base of the skull causing a concussion.



It is important to remember damaged teeth do **not** grow back. Protect that perfect smile - wear a mouthguard!

You can choose your favourite colour or pattern.

## Benefits of a Custom made Sports Guard.

An excellent fit from an accurate impression of your mouth. Thicker material and have a smoother finish. Will not move during activity. Speech is less impaired.

Mouthguards act like a shock absorber, both spreading the force over a larger area and increasing the time for the peak force to occur. Dissipating the energy of the blow over a larger area and longer time reduces its effect preventing or vastly reducing any injury. A custom made mouth guard is essential to protect your teeth when taking part in all contact sports. Considering the mouth is the most commonly injured part of the body during contact sports, an accurately moulded sports guard is an essential part of everyone's sports kit. We recommend a sports mouth guard especially for Rugby, Hockey, Boxing and Martial Arts sports, Basketball and any other contact sport. A simple impression will provide maximum protection.

