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## INFORMATION

### How Mouthguards Work

With no mouth guard, 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 other 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.

Mouth guards 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 and preventing or vastly reducing any injury.

### How long does a mouthguard last?

This varies according to many factors, e.g. growth, usage etc. Normally a growing child would require a new mouthguard once a year. Although the teeth and bones may be growing, the mouthguards are flexible, and can accommodate some movement. Older children and adults may not grow, but the mouthguard will wear down with use and should be checked annually.

### What about shop sold mouthguards, aren't they as good?

Definitely not! The clear recommendation of the British Dental Association, the Rugby Football Union and the English Hockey Association is that only custom fitting mouthguards are worn with the impressions taken by qualified dental staff .

### Prices

Single colours	Heavy duty £35	OPRO price £46.95
MRFC colours ( red and black striped )	Heavy duty £40	OPRO price £51.95
Union Jack /Flags /Chequered	Heavy Duty £ 45	OPRO price £59.95

All appliances are custom made to medical appliances directive , impressions taken by [dental.care@62](mailto:dental.care@62) team , all mouth guards individually named and presented in a mouthguard box .

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