

"Did you know that following injury, teeth are one part of the body least able to repair themselves?"

A blow to the face can send shockwaves through the skull, fracturing the front teeth, while other, more severe injuries can result in serious trauma such as concussion, jaw and gum damage.

That's why athletes who use mouthguards are less at risk of serious injury following a blow to the face. Many sports organisations, clubs and schools have made it compulsory for athletes to use mouthguards, ensuring that they are protected against injury at all times.



## Injury reduction and prevention

There are two types of blow to the jaw and lower skull: **direct and indirect.**

### Direct

This is a direct frontal blow to the upper jaw, which, if unprotected, may result in damage to or loss of teeth, and the possibility of concussion.

### Indirect

This is a more common blow to the lower jaw, which pushes the lower teeth upwards, bringing them into contact with the upper teeth. Significant damage can be caused including spread of damage to other teeth and damage to the jaw.



**rdc**

Richley Dental Ceramics

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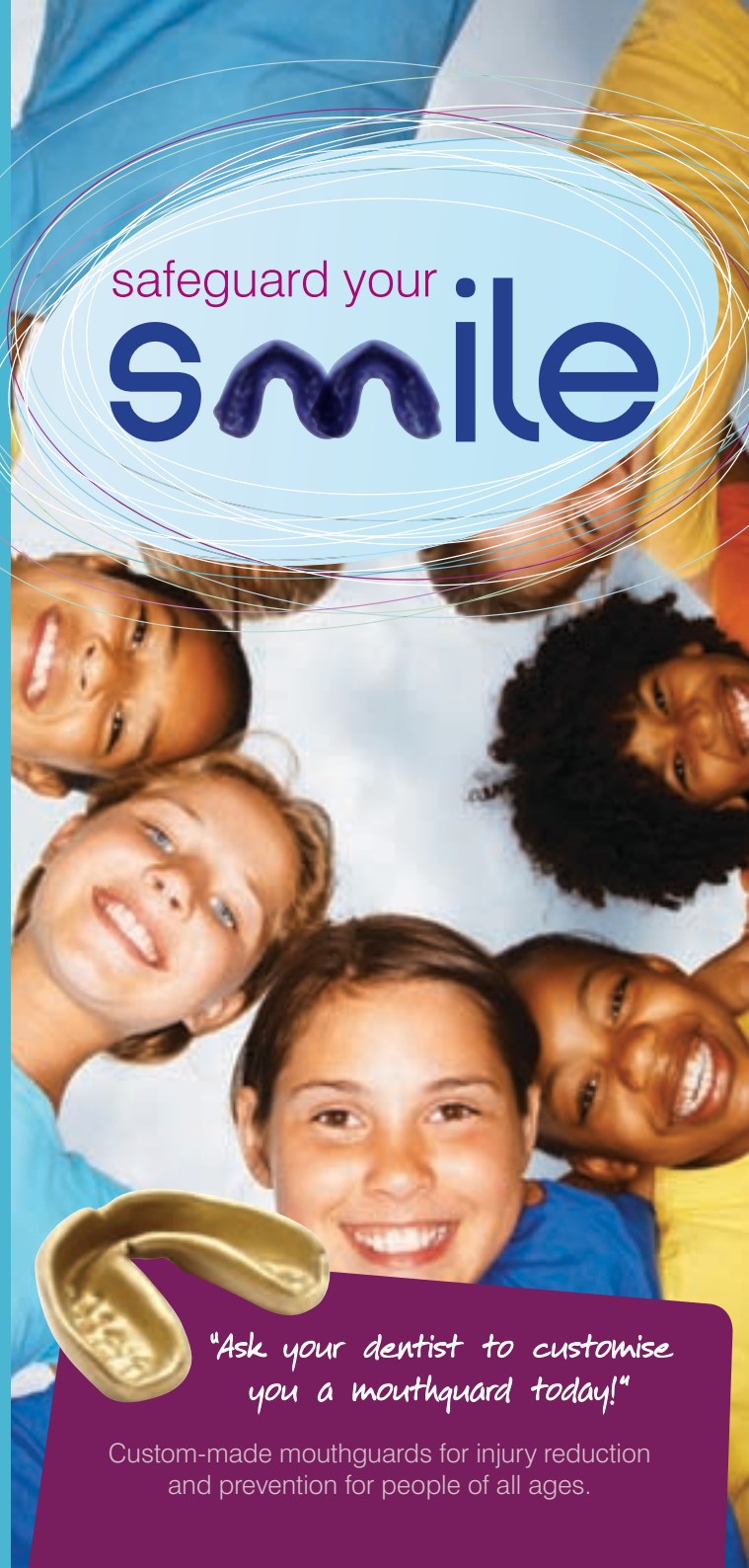
All materials supplied are of the highest quality and bear the CE mark.

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safeguard your  
**smile**



*"Ask your dentist to customise  
you a mouthguard today!"*

Custom-made mouthguards for injury reduction  
and prevention for people of all ages.

## Custom-made mouthguards

To reduce or prevent damage from a direct or indirect blow during sports activity, custom-made mouthguards are an essential part of an athlete's kit.



Your dentist will be happy to make you a custom-made mouthguard, which will fit your mouth exactly and protect your teeth and gums properly. Your dentist will need to take an impression of your mouth and will also recommend a type and thickness of mouthguard for the sport or activity you participate in. Your mouthguard will then be made by a qualified dental technician using the very latest technology to ensure a perfect fit.

Please note that no mouthguard can guarantee prevention of injury but a custom-made mouthguard will reduce the likelihood of extensive damage.

## Why custom-made mouthguards?

If you are considering a new mouthguard, here are a few facts for you to consider when choosing between custom-made and boil-and-bite mouthguards:

- A custom-made mouthguard fits better as it is made from an accurate impression of your mouth
- A custom-made mouthguard can be up to 2.5mm thicker, acting as a shock-absorber following impact and spreads the load following a blow
- The contact area of a custom-made mouthguard is greater
- Breathing is not hindered with a custom-made mouthguard
- A custom-made mouthguard will not move during activity
- Speech is less impaired than with a boil-and-bite mouthguard

The British Dental Health Foundation recommends the use of custom-made mouthguards.



## Our standard range

Our mouthguards are available in a range of colours, giving you the option to choose your favourite colour or match your team colour. Please note that some colours are only available in a certain thickness. Your dentist will advise you which range would be best for you, depending on your age and type of sport.

*Mix 'n' match the colours to create your personalised masterpiece!*

Available in medium, heavy and heavy pro



**Medium:** Suitable for most sports such as rugby and football which do not involve a hard stick, hard ball or hard objects

**Heavy:** Suitable for sports involving a hard stick or hard ball going at speed, like hockey or lacrosse

**Heavy Pro:** Suitable for sports that have the potential for a direct hit to the face, such as boxing and martial arts

## Our specials - motifs

If you really want to stand out from the crowd, your mouthguard can be made using one of our wide range of flags and motifs, or you can provide your own club emblem, providing artwork is supplied, that will make your mouthguard unique. Motifs can be mounted to any of our standard, striped or special design ranges.

## Our specials - designs

Fancy impressing your team mates and opponents? Our mouthguards can also be made in one of the following designs, from chequered stars and stripes to union jacks and many more. Colours can be substituted to personalise your mouthguard.

Please note the stars and stripes design requires laminating.



## Our specials - stripes

Why not select any combination of colours (including clear) and design your own striped mouthguard?

