

Sports Biteguards

To book an appointment at Avondale house Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online.

Protecting your teeth during sports

If you play a sport, such as rugby or hockey, where there's a risk of being hit in the mouth, you may want to consider getting a mouthguard made by one of our dentists to protect your teeth.

If your child is playing physical sports we strongly suggest you consider a sports guard for them.

This involves taking a mould of your teeth, which will be used to make the mouthguard – this will fit well and protect your mouth.

"Boil and bite" mouthguards, where the mouthguard is moulded using hot water, are also available, but they're not as good as one made by and fitted by one of our dentists. This type of mouthguard is often uncomfortable to wear and doesn't provide the same level of protection as a custom-made mouthguard.

At Avondale House Dental Surgery we are able to provide a full range of custom made mouthguards varying in thickness and color, from simple clear, single color to many multicolor and unique design options if you want to express yourself and stand out from the crowd.

To book an appointment at Avondale House Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online.