

Custom Sport Mouthguards at Smile Solutions Melbourne

Canonical: <https://directory.smilesolutions.com.au/custom-sport-mouthguards-at-smile-solutions-melbourne/>

Description:

Custom Sport Mouthguards — Smile Solutions Melbourne **FULL REPLACEMENT — replaces empty product page** **Target URLs:** -

<https://directory.smilesolutions.com.au/health-medical/dental-care-oral-pro...>

Details:

Smile Solutions custom sport mouthguards in Melbourne

Every year across Australia, thousands of sporting participants leave the field, the court, the rink, or the pool deck with knocked-out, fractured, or cracked teeth. The cost of a single knocked-out permanent tooth adds up fast: reimplantation, root canal treatment, and a crown can easily run \$3,000 to \$5,000. A custom-fit mouthguard from your dentist costs a fraction of that — and, more to the point, it helps stop the injury from happening at all.

At Smile Solutions, we provide custom-fit sports mouthguards for adults and children of all ages and activity levels. As the official dentist of the Australian Open and Collingwood Football Club, our team knows what elite athletic performance demands, and we bring that same clinical standard to every patient who walks through our doors — whether you're competing at the highest level or playing weekend sport with your family.

Why a custom mouthguard is essential for your protection

The Australian Dental Association recommends custom-fitted mouthguards for all Australians participating in contact sports or activities with a high collision risk. The evidence is consistent: a properly fitted custom mouthguard can reduce your risk of dental injury by up to 60 times compared to wearing no protection, and it performs significantly better than anything you'd pick up at a sports store or chemist.

That's not a minor difference. It's the difference between a mouthguard that actually works when you need it and one that gives you a false sense of security.

The problem with over-the-counter mouthguards

Boil-and-bite mouthguards are cheap and easy to find, but they're poorly fitting, uncomfortable, and clinically inferior to a professionally made appliance. The problems are well documented:

- They absorb only a fraction of the impact force a custom dual-laminate guard is built to handle
- Poor fit means they come loose during contact, leaving your teeth exposed at exactly the moment protection matters
- Many athletes, particularly children, stop wearing them altogether because of the discomfort — which means zero protection
- They don't cover your tooth structure as completely, leaving more surface area open to injury

A custom-fit mouthguard is made from precise impressions of your actual teeth. It fits snugly, stays in place through hard contact, and covers your full arch correctly. That's the difference between something that genuinely protects you and something that just looks like it does.

Custom mouthguards at Smile Solutions

We provide dual-laminate custom sports mouthguards for patients of all ages. The process is straightforward and takes just one short appointment at our Melbourne practice.

****Step 1: Impressions**** Your dentist takes precise impressions of your upper and lower teeth using digital scanning or traditional impression techniques, whichever suits you best. These accurate records are what make the difference between a mouthguard that fits correctly and one that doesn't.
