

CUSTOM-MADE MOUTHGUARDS

Sports-related tooth and other dental injuries are very upsetting, yet often the damage to your teeth can be minimised or avoided. The main way to help protect your teeth whilst playing sport is to have your own custom-made mouthguard.

Here at the **Eastbourne Dental Centre** we highly recommend custom-made mouthguards for any person large or small playing contact sport. These are specifically made to fit your own teeth; they are close fitting, tough and offer the best protection possible from sporting related tooth injuries. They also act to protect the surrounding tissues and act to minimise the chances of concussion. The cost for one of these mouthguards is approximately \$85, involving two short appointments.

So to enjoy your up and coming winter sports season with the reassurance of the best dental protection contact us here at **Eastbourne Dental Centre**, Cnr Marine Pde and Rimu St, ph.5627506.