

## Additional information

### Single layer, non-laminated:

Procedure: 15 minute appointment for a single impression of upper teeth. Second appointment for issue of completed guard

### Dual-layer, double-laminated and

### Triple-layer, triple-laminated:

Procedure: 20 minute appointment for a two impressions for upper and lower teeth: this allows a comfortable bite to be incorporated into the mouthguard. Second appointment for issue of completed guard.

These mouthguards have single colour on the outside plus a clear layer inside.

All mouthguards are supplied with a mouthguard container and care instructions.

### **GST**

Mouthguards for sport were one of the few dental procedures the Government chose not to exempt from GST.



# Mouthguards

DR PATRICK J. MEANEY  
& ASSOCIATES

D E N T A L S U R G E O N S

### Our Staff

#### Dr Patrick J Meaney

DENTAL SURGEON

BDS MRACDS(GDP) FADI FICD FPFA

#### Ms Atefeh Dadashi

Oral Health Therapist

BOH

#### Ms Banen Maliki

Oral Health Therapist

BOH



Dr Patrick J Meaney & Associates

57-59 Elizabeth Street

Moss Vale NSW 2577

**DENTISTRY YOU CAN TRUST**

Phone: (02) 4869 3111

Fax: (02) 4869 3121

[www.PatrickMeaney.com.au](http://www.PatrickMeaney.com.au)

[help@patrickmeaney.com.au](mailto:help@patrickmeaney.com.au)



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# Do I need a mouthguard?

Here are some questions to ask:

- How old are you or your child?
- What sport do you or your children play?

## Low Impact Sports

If under 11 years, playing a sport with little or low impact contact we recommend:



Single layer, non-laminated mouthguard.

Benefits:

**Custom-made mouthguards** are comfortable so young people want to wear them; the average fee to restore a front tooth fractured during sport is from \$225 to more than \$7,600 (if you lost a tooth completely).

Fee: \$185 includes GST

This mouthguard fee for under-11s is at cost price to enable families with more than one child to afford the best protection for their children.

## Medium Impact Sports

If over 10 years, playing a sport with potential for medium impacts with balls and/or a body contact sport, we recommend:

### Dual-layer, Double-laminated mouthguard.

This mouthguard combines a hard outer layer and a softer clear inner layer. For higher-impact sports (karate etc.) a 'hard insert' can also be incorporated over the front teeth.

Benefits:

**Dual-laminated mouthguards** offer protection where hard balls (hockey), equipment (racquets, hockey sticks) or other peoples bodies (all contact sports) can damage front teeth

**Two impressions** are used. allowing a wearer to be comfortable during play—because your bite is correctly adjusted

**1 mm hard inserts** offer extra protection where high-velocity impacts are common (boxing, rugby, karate, hockey, kickboxing etc)

Fee: \$265 includes GST

Hard Insert: add \$22



## High Impact Sports

For adults, involved in a sport with potential for high velocity impact with balls and/or a violent body-contact sport, we recommend a

### Triple-layer, triple-laminate mouthguard.

Benefits:

**Triple-laminated mouthguards** offer protection where hard balls (hockey), equipment (racquets, hockey sticks) or other peoples bodies (all contact sports) can damage front teeth. Anyone participating in boxing, full-contact martial arts, senior hockey or rugby league or union should invest in this level of protection

**Two impressions** are used. allowing a wearer to be comfortable during play—because your bite is correctly adjusted As well, the models will serve as a record of your current tooth position and size should you suffer any damage in the future.

**1 mm hard inserts** offer extra protection where high-velocity impacts are common (boxing, rugby, karate, hockey, kickboxing etc)

**Alveolus fracture** (fracture of the bone underlying soft tissue) can be a risk in high-impact sports: triple-lamination can help avoid this level of damage

Fee: \$385 includes GST

Hard Insert: add \$22