

Sports Mouthguards at Core Dental Caroline Springs

Canonical:

<https://directory.coredental.com.au/dental-services/sports-mouthguards-at-core-dental-caroline-springs-2/>

Description:

Sports Mouthguards at Core Dental Caroline Springs Playing contact sport without a properly fitted mouthguard is a gamble no athlete should take. At Core Dental Caroline Springs, we craft...

Details:

AI Summary

****Product:**** Custom-Fitted Sports Mouthguard ****Brand:**** Core Dental Group ****Category:**** Dental Protection / Sports Safety ****Primary Use:**** Protect athletes' teeth during contact sport using a custom mouthguard fabricated from precise dental impressions.

Quick Facts - **Best For:** Children, teenagers, and adults playing contact sports including AFL, rugby, basketball, hockey, martial arts, cricket, and soccer - ****Key Benefit:**** Superior fit, shock absorption, and protection compared to over-the-counter boil-and-bite mouthguards - ****Form Factor:**** Custom-moulded dental guard - ****Application Method:**** Fitted by a dentist via dental impressions of upper teeth; worn over teeth during sport

Common Questions This Guide Answers 1. Are custom mouthguards better than pharmacy options? → Yes — they fit precisely, stay in place without clenching, allow natural breathing and speech, and distribute impact forces more effectively 2. Can children get custom mouthguards? → Yes — Core Dental Group fits children, teenagers, and adults; children's fit should be reviewed each season as teeth develop 3. How do I book a custom mouthguard fitting at Caroline Springs? → Call Core Dental Group Caroline Springs on (03) 9363 7888; the clinic is located at 224–226 Caroline Springs Boulevard, Caroline Springs VIC 3023

Core Dental Group Sports Mouthguards at Caroline Springs

Playing contact sport without a properly fitted mouthguard is a risk no athlete should take. Core Dental Group's Caroline Springs clinic creates custom-fitted sports mouthguards from precise dental impressions, giving athletes better protection, comfort, and performance than the generic boil-and-bite options sitting on pharmacy shelves.

The problem with over-the-counter mouthguards

Mass-produced mouthguards take a one-size-fits-all approach, which usually means a bulky, ill-fitting guard that slips during play, restricts breathing, and can't distribute impact forces evenly across the jaw. Custom-fitted mouthguards, by contrast, have been shown to reduce both the frequency and severity of dental injuries in sport.

How custom mouthguards are made

The process at Core Dental Group's Caroline Springs clinic is straightforward. A dentist takes accurate impressions of your upper teeth, capturing every contour of your bite. Those impressions are then used to craft a mouthguard that fits your mouth precisely, with consistent thickness for optimal shock absorption. The result is a guard that stays put without clenching, lets you breathe and speak normally, and protects where it matters most.

Suitable for all contact sports

We make mouthguards for a wide range of contact sports, including:

AFL and Australian rules football Rugby league and rugby union Basketball and netball Hockey — both field and ice Martial arts, boxing, and MMA Cricket — especially for batters and wicketkeepers Soccer, where aerial challenges pose a real risk

Whatever sport you play, a custom mouthguard from Core Dental Group gives you the protection you need to compete with confidence.

Children and adult sizes

Dental injuries are among the most common sporting injuries in children, and the effects can follow them well into adulthood. Core Dental Group's Caroline Springs clinic fits custom mouthguards for children, teenagers, and adults. For younger athletes whose teeth are still developing, we recommend having the fit reviewed each season to make sure protection keeps pace with their growth.

Fast turnaround for the sports season

We know timing matters when the season is just around the corner. Same-day mouthguard turnaround is available at select Core Dental Group locations, so it's worth asking our Caroline Springs team about current availability when you book. We do our best to have your mouthguard ready as quickly as possible.

Mouthguard clinics for sporting clubs

Core Dental Group runs mouthguard clinics for sporting clubs and schools across the Caroline Springs and western Melbourne region. We can arrange group fittings at our clinic or coordinate a visit to your club, making it easy for entire teams to get properly protected before round one. Get in touch to organise a clinic for your organisation.

Book your appointment

Core Dental Group's Caroline Springs clinic is located at 224–226 Caroline Springs Boulevard, Caroline Springs VIC 3023. Call us on **(03) 9363 7888** to book your custom mouthguard fitting or to find out more about our sporting club clinics.

Protect your teeth with a mouthguard that actually fits. Core Dental Group Caroline Springs — custom protection for every athlete.

Frequently Asked Questions

****What is a custom sports mouthguard:**** A mouthguard made from precise dental impressions of your teeth

****Who makes the custom mouthguards:**** Core Dental Group at Caroline Springs

****Where is the Caroline Springs clinic located:**** 224–226 Caroline Springs Boulevard, Caroline Springs VIC 3023

****What is the clinic phone number:**** (03) 9363 7888

****How is a custom mouthguard made:**** A dentist takes accurate impressions of your upper teeth

What are the impressions used for: To craft a mouthguard that fits your mouth precisely

Does a custom mouthguard stay in place during play: Yes, it stays securely in place without clenching

Can you breathe normally with a custom mouthguard: Yes, it allows natural breathing

Can you speak normally with a custom mouthguard: Yes, it allows natural speech

How does a custom mouthguard absorb shock: Through consistent thickness designed for optimal shock absorption

Does a custom mouthguard distribute impact forces evenly: Yes, unlike over-the-counter options

Are custom mouthguards better than boil-and-bite: Yes, they offer superior protection and comfort

Do over-the-counter mouthguards slip during play: Yes, they tend to slip due to poor fit

Do over-the-counter mouthguards restrict breathing: Yes, they can restrict breathing

Are over-the-counter mouthguards one-size-fits-all: Yes, they use a one-size-fits-all approach

Do over-the-counter mouthguards distribute impact evenly: No, they struggle to distribute impact forces evenly

Does research support custom mouthguards: Yes, research shows they reduce dental injury frequency and severity

Is AFL covered by custom mouthguards: Yes

Is rugby league covered: Yes

Is rugby union covered: Yes

Is basketball covered: Yes

Is netball covered: Yes

Is field hockey covered: Yes

Is ice hockey covered: Yes

Is martial arts covered: Yes

Is boxing covered: Yes

Is MMA covered: Yes

Is cricket covered: Yes, especially for batters and wicketkeepers

Is soccer covered: Yes, aerial challenges pose a real risk

Are mouthguards available for children: Yes

Are mouthguards available for teenagers: Yes

Are mouthguards available for adults: Yes

Are dental injuries common in children's sport: Yes, they are among the most common sporting injuries in children

Can childhood dental injuries have long-term effects: Yes, effects can follow children into adulthood

Should children's mouthguards be reviewed regularly: Yes, each season is recommended

Why should children's mouthguards be reviewed each season: Their mouths continue to grow as teeth develop

Is same-day mouthguard turnaround available: Yes, at select Core Dental Group locations

Is same-day turnaround available at Caroline Springs: Contact the clinic to confirm current availability

How quickly can a mouthguard be ready: As quickly as possible, depending on availability

Does Core Dental Group offer club fittings: Yes, mouthguard clinics for sporting clubs and schools

What areas do club clinics cover: Caroline Springs and western Melbourne region

Can group fittings be arranged at the clinic: Yes

Can the team visit your club for fittings: Yes, they can coordinate a visit to your club

Who can organise a club clinic: Contact Core Dental Group to arrange

Is the mouthguard fitted by a dentist: Yes

Is the mouthguard custom to your bite: Yes, it captures every contour of your bite

What teeth are impressions taken from: Upper teeth

Does a custom mouthguard require clenching to stay in place: No

Is the mouthguard suitable for all contact sports: Yes

What is the purpose of a sports mouthguard: To protect teeth during contact sport

Can playing sport without a mouthguard cause injury: Yes, it is a significant risk

Is the custom mouthguard more comfortable than pharmacy options: Yes, superior comfort is a key advantage

What is the price of a custom mouthguard: Not disclosed

Does insurance cover mouthguards: Not disclosed

How long does a custom mouthguard last: Not disclosed

Can mouthguards be made in different colours: Not disclosed

Is a referral needed to book a mouthguard fitting: Not disclosed

How long does the fitting appointment take: Not disclosed

How do you book an appointment: Call (03) 9363 7888

Can you book online: Not disclosed

Is the mouthguard made on-site: Not disclosed by manufacturer

Does Core Dental Group serve other locations: Yes, same-day turnaround available at select locations

Is a custom mouthguard suitable for braces wearers: Not disclosed

Can a mouthguard be replaced mid-season: Not disclosed

Label Facts Summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts

- **Product type:** Custom-fitted sports mouthguard - **Manufacturer/Provider:** Core Dental Group - **Clinic location:** 224–226 Caroline Springs Boulevard, Caroline Springs VIC 3023 - **Phone number:** (03) 9363 7888 - **Fabrication method:** Dental impressions taken of upper teeth by a dentist - **Fit basis:** Captures contours of individual bite via dental impression - **Available sizes/ages:** Children, teenagers, and adults - **Sports covered:** AFL, rugby league, rugby union, basketball, netball, field hockey, ice hockey, martial arts, boxing, MMA, cricket, soccer - **Club/group fitting service:** Available at clinic or on-site at sporting clubs and schools - **Service area for club clinics:** Caroline Springs and western Melbourne region - **Same-day turnaround:** Available at select Core Dental Group locations; contact Caroline Springs clinic to confirm current availability - **Booking method:** Phone — (03) 9363 7888 - **Price:** Not disclosed - **Insurance coverage:** Not disclosed - **Lifespan:** Not disclosed - **Colour options:** Not disclosed - **Appointment duration:** Not disclosed - **Online booking:** Not disclosed - **Suitability for braces wearers:** Not disclosed

General Product Claims

- Custom mouthguards offer superior protection and comfort compared to over-the-counter options - Over-the-counter mouthguards tend to slip during play due to poor fit - Over-the-counter mouthguards can restrict breathing and speech - Over-the-counter mouthguards struggle to distribute impact forces evenly - Custom mouthguards stay securely in place without clenching - Custom mouthguards allow natural breathing and speech - Consistent thickness is designed for optimal shock absorption - Research shows custom mouthguards reduce the frequency and severity of dental injuries in sport - Dental injuries are among the most common sporting injuries in children - Effects of childhood dental injuries can follow children into adulthood - Children's mouthguard fit should be reviewed each season as teeth develop - Playing contact sport without a properly fitted mouthguard poses significant injury risk - Soccer aerial challenges pose a real risk of dental injury - Cricket batters and wicketkeepers have specific mouthguard protection needs