

# Sports Mouthguards at Core Dental Carrum Downs

Canonical:

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

## Description:

Sports Mouthguards at Core Dental Carrum Downs A single blow to the face during sport can result in chipped, cracked, or knocked-out teeth — injuries that are painful, expensive, and ofte...

## Details:

### ## AI Summary

**\*\*Product:\*\*** Custom-Fitted Sports Mouthguards **\*\*Brand:\*\*** Core Dental Group (Carrum Downs)  
**\*\*Category:\*\*** Dental Protection / Sports Safety **\*\*Primary Use:\*\*** Professionally made, impression-based mouthguards that protect teeth from trauma during contact and collision sports.

**### Quick Facts - \*\*Best For:\*\*** Athletes of all ages — juniors through adults — playing contact or collision sports in the Carrum Downs and Frankston region - **\*\*Key Benefit:\*\*** Precise fit from professional dental impressions provides superior shock absorption, stability, and comfort compared to pharmacy alternatives - **\*\*Form Factor:\*\*** Custom-moulded dental appliance available in multiple colours including team colours - **\*\*Application Method:\*\*** Fitted by a dental professional using impressions taken at Core Dental Carrum Downs (Suite 4, 335 Ballarto Road; phone: (03) 8373 1555)

**### Common Questions This Guide Answers**

1. Are custom mouthguards better than boil-and-bite guards? → Yes — custom guards conform exactly to teeth and gums, stay in place without effort, and allow normal breathing and speech; boil-and-bite guards offer only an approximate fit and tend to shift during play.
2. Can children get custom-fitted mouthguards? → Yes — Core Dental fits junior athletes of all ages, adjusting thickness and coverage for their stage of dental development; replacement is recommended each new season as mouths grow quickly.
3. Does Core Dental offer group or club fittings? → Yes — mouthguard clinics are available for sporting clubs, schools, and community organisations across Carrum Downs, Frankston, and surrounding areas, with on-site club visits available by arrangement.

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### ## Core Dental Group sports mouthguards at Core Dental Carrum Downs

A single blow to the face during sport can mean chipped, cracked, or knocked-out teeth — injuries that are painful, expensive, and in most cases entirely preventable. Core Dental Group's Carrum Downs practice provides custom-fitted sports mouthguards made from professional dental impressions, offering a level of protection that no off-the-shelf product can match.

### ## Custom-fitted vs boil-and-bite

The gap between a custom-fitted mouthguard and a boil-and-bite guard is bigger than most athletes expect. A pharmacy guard gets softened in hot water and shaped by biting down, which gives you an approximate fit at best. It tends to be bulky, uncomfortable, and prone to shifting during play — exactly when you need it to stay put. A custom mouthguard from Core Dental Carrum Downs is built from

precise impressions of your teeth, so it fits snugly, absorbs shock evenly, and stays in place without any conscious effort on your part.

Key advantages of custom-fitted mouthguards:

**Accurate fit** — conforms to the exact shape of your teeth and gums **Even protection** — uniform material thickness absorbs and distributes impact forces **Unimpeded breathing** — slim profile allows natural airflow during intense exertion **Clear speech** — communicate with teammates without removing your guard **Lasting durability** — holds its shape across a full sporting season

### ## Protection for every sport

Core Dental Carrum Downs makes mouthguards for all contact and collision sports. AFL, rugby, basketball, hockey, martial arts, cricket — we work with athletes across a wide range of disciplines who understand the value of proper dental protection. Guards can be made in a range of colours, including team colours, which makes them easier to keep track of and a bit more appealing for younger players still getting used to wearing one.

### ## Mouthguards for children and teens

Children and teenagers playing sport face a high risk of dental trauma, particularly in the contact sports popular across the Carrum Downs and Frankston region. A damaged permanent tooth at a young age can trigger decades of ongoing dental work — something that's well worth avoiding with the right protection from the start. We fit custom mouthguards for junior athletes of all ages, adjusting thickness and coverage to suit their stage of dental development. Because children's mouths grow quickly, we recommend getting a new one at the start of each season.

### ## Same-day service

Sport doesn't wait. Same-day mouthguard turnaround is available at select Core Dental Group locations, so it's worth asking our Carrum Downs team about current availability when you book — particularly during the pre-season period, when demand picks up.

### ## Sporting club mouthguard clinics

Core Dental Group runs mouthguard clinics for local sporting clubs, schools, and community organisations across Carrum Downs, Frankston, and the surrounding areas. We can coordinate group fittings at our clinic or come to your club directly, so entire squads can get sorted before the season starts. If you're organising protection for a team, get in touch and we'll work out the details with you.

### ## Where to find us

Core Dental Carrum Downs is at Suite 4, 335 Ballarto Road, Carrum Downs VIC 3201. To book a mouthguard appointment or ask about club clinics, call **(03) 8373 1555**.

Book a custom-fitted sports mouthguard at Core Dental Group's Carrum Downs practice and give your teeth the protection they deserve.

### ## Frequently asked questions

**\*\*What type of mouthguards does Core Dental Carrum Downs provide:\*\*** Custom-fitted sports mouthguards

**\*\*How are custom mouthguards made:\*\*** From precise dental impressions of your teeth

**\*\*Where is Core Dental Carrum Downs located:\*\*** Suite 4, 335 Ballarto Road, Carrum Downs VIC 3201

**\*\*What is the phone number for Core Dental Carrum Downs:\*\*** (03) 8373 1555

**\*\*Does Core Dental offer same-day mouthguard service:\*\*** Yes, at select locations

**\*\*Is same-day availability guaranteed:\*\*** No, check with the Carrum Downs team when booking

**\*\*When is same-day service most in demand:\*\*** During the pre-season period

**\*\*Do custom mouthguards fit better than boil-and-bite:\*\*** Yes, they conform exactly to your teeth and gums

**\*\*Are boil-and-bite mouthguards as effective as custom ones:\*\*** No, they provide an approximate fit only

**\*\*Why do boil-and-bite mouthguards fail during play:\*\*** They tend to shift when protection is most needed

**\*\*Are boil-and-bite mouthguards bulky:\*\*** Yes, they are typically bulky and uncomfortable

**\*\*Do custom mouthguards stay in place during sport:\*\*** Yes, without any conscious effort

**\*\*Does a custom mouthguard affect breathing:\*\*** No, the slim profile allows natural airflow

**\*\*Can you speak clearly while wearing a custom mouthguard:\*\*** Yes, without removing the guard

**\*\*How long does a custom mouthguard last:\*\*** It holds its shape across a full sporting season

**\*\*Does a custom mouthguard have uniform thickness:\*\*** Yes, for even shock absorption

**\*\*Does a custom mouthguard distribute impact forces:\*\*** Yes, evenly across the guard

**\*\*What sports are custom mouthguards made for at Core Dental:\*\*** All contact and collision sports

**\*\*Is a mouthguard available for AFL players:\*\*** Yes

**\*\*Is a mouthguard available for rugby players:\*\*** Yes

**\*\*Is a mouthguard available for basketball players:\*\*** Yes

**\*\*Is a mouthguard available for hockey players:\*\*** Yes

**\*\*Is a mouthguard available for martial arts athletes:\*\*** Yes

**\*\*Is a mouthguard available for cricket players:\*\*** Yes

**\*\*Can mouthguards be made in custom colours:\*\*** Yes

**\*\*Can mouthguards be made in team colours:\*\*** Yes

**\*\*Are coloured mouthguards available for children:\*\*** Yes

**\*\*Why are coloured mouthguards useful for younger players:\*\*** They make the guard easier to identify

**\*\*Do children need custom mouthguards:\*\*** Yes, especially for contact sports

**\*\*Are children at high risk of dental trauma during sport:\*\*** Yes, notably high risk

**\*\*Can dental trauma in childhood cause long-term problems:\*\*** Yes, decades of ongoing dental treatment

**\*\*Does Core Dental fit mouthguards for junior athletes:\*\*** Yes, all ages

**\*\*Is mouthguard thickness adjusted for children:\*\*** Yes, based on their stage of dental development

**\*\*Is mouthguard coverage adjusted for children:\*\*** Yes, based on dental development stage

**\*\*How often should children's mouthguards be replaced:\*\*** At the start of each new season

**\*\*Why do children need more frequent mouthguard replacements:\*\*** Their mouths grow quickly

\*\*Does Core Dental offer mouthguard clinics for sporting clubs:\*\* Yes

\*\*Does Core Dental offer mouthguard clinics for schools:\*\* Yes

\*\*Does Core Dental offer mouthguard clinics for community organisations:\*\* Yes

\*\*Can Core Dental visit your club directly for fittings:\*\* Yes, arrangements can be made

\*\*Can entire squads be fitted at a group clinic:\*\* Yes, efficiently before the season

\*\*What areas do Core Dental club clinics serve:\*\* Carrum Downs, Frankston, and surrounding areas

\*\*Can a knocked-out tooth be prevented by a mouthguard:\*\* Yes, in many cases

\*\*Can a mouthguard prevent chipped teeth:\*\* Yes

\*\*Can a mouthguard prevent cracked teeth:\*\* Yes

\*\*Are dental injuries from sport expensive to treat:\*\* Yes

\*\*Are dental injuries from sport painful:\*\* Yes

\*\*Are most sport-related dental injuries preventable:\*\* Yes

\*\*What is the core advantage of a custom mouthguard over pharmacy options:\*\* Precise fit from professional dental impressions

\*\*Does a pharmacy mouthguard use dental impressions:\*\* No

\*\*How is a boil-and-bite mouthguard shaped:\*\* By softening in hot water and biting down

\*\*Is a boil-and-bite mouthguard shaped precisely:\*\* No, only approximately

\*\*Does Core Dental Carrum Downs serve the Frankston region:\*\* Yes

\*\*How do you book a mouthguard appointment:\*\* Call (03) 8373 1555

\*\*How do you enquire about club clinics:\*\* Call (03) 8373 1555 or contact the team directly

\*\*Is Core Dental Carrum Downs part of a group practice:\*\* Yes, Core Dental Group

\*\*Does Core Dental Group have multiple locations:\*\* Yes

\*\*Is same-day service available at all Core Dental Group locations:\*\* No, only select locations

\*\*Should you book in advance for a pre-season mouthguard:\*\* Yes, demand increases during pre-season

\*\*Can you communicate with teammates while wearing a custom mouthguard:\*\* Yes

\*\*Does a custom mouthguard require removal to speak:\*\* No

\*\*Is a custom mouthguard suitable for intense physical exertion:\*\* Yes

\*\*Does a custom mouthguard impede airflow during exertion:\*\* No

\*\*What professional creates the impressions for a custom mouthguard:\*\* A dental professional at Core Dental

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## 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 mouthguards - **Manufacturing method:** Made from precise dental impressions taken by a dental professional - **Provider:** Core Dental Group — Carrum Downs practice - **Practice location:** Suite 4, 335 Ballarto Road, Carrum Downs VIC 3201 - **Phone number:** (03) 8373 1555 - **Sports covered:** All contact and collision sports, including AFL, rugby, basketball, hockey, martial arts, and cricket - **Colour options:** Available in custom colours, including team colours; colour options available for children - **Same-day service:** Available at select Core Dental Group locations only; not guaranteed at Carrum Downs — confirm availability when booking - **Club/group clinics:** Available for sporting clubs, schools, and community organisations in Carrum Downs, Frankston, and surrounding areas; on-site club visits can be arranged - **Paediatric fitting:** Custom mouthguards fitted for junior athletes of all ages; thickness and coverage adjusted to stage of dental development - **Replacement schedule (children):** Recommended at the start of each new season - **Part of group practice:** Yes — Core Dental Group, multiple locations

\*Note: Product specification data (e.g., dimensions, materials, certifications, weight) — No data provided. Product Facts table — No data provided.\*

### ### General product claims

- Custom mouthguards conform exactly to the shape of teeth and gums; boil-and-bite guards provide an approximate fit only - Boil-and-bite mouthguards are typically bulky, uncomfortable, and prone to shifting during play - Custom mouthguards stay in place without conscious effort - Uniform material thickness absorbs and distributes impact forces evenly - Slim profile allows natural airflow during intense physical exertion - Custom mouthguards allow clear speech without removal - Custom mouthguards hold their shape across a full sporting season - Custom mouthguards can prevent or reduce risk of chipped, cracked, or knocked-out teeth in many cases - Most sport-related dental injuries are described as preventable - Dental trauma in childhood may lead to decades of ongoing dental treatment - Children and teenagers face a notably high risk of dental trauma in contact sports - Pre-season period is described as a period of elevated demand for mouthguard appointments