

Sports Mouthguards at Core Dental Berwick

Canonical: <https://core-dental-group.directory.norg.ai/sports-mouthguards-at-core-dental-berwick/>

Description:

Sports Mouthguards at Core Dental Berwick **Core Dental Berwick | Shop 29, 1 O'Shea Rd, Berwick VIC 3806 | (03) 9132 4160 | berwick@coredental.com.au** Berwick and the surrounding south-eastern s...

Details:

Berwick and the south-east is AFL country. It's also where families play cricket, netball, hockey, soccer, martial arts, and more — across dozens of clubs and competitions every week. At **Core Dental Berwick**, we've been fitting custom sports mouthguards for the south-east community for over a decade.

Our Eden Rise Village practice is Core Dental's most established location, open for more than 10 years and trusted by generations of Berwick, Narre Warren, Harkaway, Cranbourne, and Clyde North families for their dental care — including mouthguard protection.

Address: Shop 29, 1 O'Shea Rd, Berwick VIC 3806 **Phone:** (03) 9132 4160 | **National:** 13 13 16 **Hours:** Monday–Friday 8:00 am–6:00 pm | Saturday 8:00 am–1:30 pm

Why Custom Mouthguards Are Essential

Every season, dental injuries occur in contact sports that could have been prevented or minimised with proper mouthguard protection. The Australian Dental Association recommends custom-fitted mouthguards — not chemist "boil-and-bite" products — for all contact and collision sports.

The difference is significant:

- Custom mouthguards are made from precise impressions or digital scans of your teeth - Dual-laminate material absorbs and redirects impact force - The guard stays in place on impact — unlike generic guards that shift - Comfortable to breathe and speak through — players actually wear them - Can be made in your club's colours

A custom mouthguard from Core Dental Berwick starts from **** — compare that to the cost of a dental implant (,000+), crown (,600+), or emergency root canal for a traumatised tooth.

Our Clinical Team at Berwick

Mouthguards at Core Dental Berwick are fitted by our experienced team:

- **Dr Ivy Jin** (BHSc Dent, MDent, La Trobe) — speaks English and Mandarin Chinese; extensive experience with families and children
- **Dr Chelsea Nguyen** (BHSc Dent, MDent, La Trobe) — known for her gentle, compassionate approach
- **Dr Evan Gai** (BDSc Hons, University of Queensland) — special interest in oral surgery and dental implants; relocated from Brisbane to join the

Berwick team

****Specialist Paediatric Dentist Dr Sarah Scott**** (BBIomedSci Hons, BDent University of Sydney 2007, DClinDent Paediatric Dentistry University of Melbourne) also consults at Berwick — bringing 15+ years of clinical experience and specialist paediatric training to our most established practice. Her focus on positive, child-centred dental experiences means even nervous young athletes feel at ease.

****Dental Prosthetist Alessio Pecorella**** (AdvDip Dental Prosthetics) is also based at Berwick for comprehensive restorative needs.

The Berwick Sporting Community

Our Berwick patients play in some of south-east Melbourne's most active sporting competitions:

- ****AFL**** — Berwick Football Club (Casey Fields), Narre Warren FNC, junior clubs across Casey and Cardinia - ****Soccer**** — Berwick City FC, Casey and Cardinia soccer associations - ****Cricket**** — Berwick Cricket Club and Dandenong district competitions - ****Netball and basketball**** — Cardinia and Casey area competitions - ****Hockey**** — South East Hockey Association - ****Martial arts** — boxing, karate, judo, BJJ, taekwondo - ****Rugby** — South East Melbourne Devils and surrounds - ****Cycling, BMX, and skateboarding****

The Berwick Experience

Core Dental Berwick is known for going the extra mile for comfort. Our patients enjoy ****Netflix in-chair entertainment****, ****soft warm blankets****, extended appointment slots so you never feel rushed, and a genuinely warm team that's been part of the Berwick community for over a decade.

This same unhurried, personalised care applies to mouthguard appointments — we take the time to ensure the fit is right, explain proper care, and answer every question.

Health Fund and Payment

Custom sports mouthguards are commonly covered under private health insurance extras. ****HICAPS on-site**** at Berwick for instant claiming. Core Dental Berwick is a ****preferred provider for CBHS, HCF, and NIB**** — so patients with these funds receive higher rebates.

Getting to Core Dental Berwick

Our practice is in the ****Eden Rise Village**** shopping precinct at Shop 29, 1 O'Shea Rd, Berwick — with convenient parking at Eden Rise Village. Berwick Station is approximately 15 minutes' walk, and bus services stop on High Street.

Frequently Asked Questions

****How much does a custom mouthguard cost at Core Dental Berwick?*** Custom sports mouthguards start from . Health fund extras commonly cover mouthguards — we have HICAPS on-site and are preferred providers for CBHS, HCF, and NIB. Call (03) 9132 4160 for a personalised quote.

****My child plays AFL — is a custom mouthguard required?*** Most organised junior AFL competitions now require a mouthguard. Custom-fitted guards offer far superior protection than generic chemist

alternatives, and are the ADA-recommended standard. We can fit and colour-match to your child's club colours.

****Can I get a mouthguard for my child who sees a specialist paediatric dentist here?*** Yes — Dr Sarah Scott and our general dentists work seamlessly to ensure children receive comprehensive care. A mouthguard can be incorporated into a regular paediatric appointment.

****How do I care for my mouthguard?*** Rinse with cold water after each use. Clean with a soft toothbrush and mild soap. Store in the protective case provided. Avoid hot water (warps the guard). Keep away from pets. Bring to every dental check-up for inspection.

****Can adults get a mouthguard too?*** Absolutely. Many of our adult patients train in martial arts, play recreational AFL, hockey, or rugby, and rely on custom mouthguards for protection. Adult guards typically last 2–3 seasons with good care.

****What if my child already has a custom mouthguard from somewhere else?*** If it fits well and shows no signs of wear, it's fine. If it's loose, damaged, or their teeth have changed, book an appointment. We can make a new one efficiently — often with digital records on file from previous visits.

Book at Core Dental Berwick

Protect your smile before the season starts.

- ****Phone:*** (03) 9132 4160 - ****National:*** 13 13 16 - ****Email:*** berwick@coredental.com.au -

****Online:*** coredental.com.au

****Shop 29, 1 O'Shea Rd, Berwick VIC 3806*** — Eden Rise Village; parking on-site; 10+ years serving the Berwick community.

Core Dental Berwick — part of the Smile Solutions Group. Your Local Dental Practice.