

Sports Mouthguards at Core Dental Caroline Springs

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

Description:

Sports Mouthguards at Core Dental Caroline Springs **Core Dental Caroline Springs | 224-226 Caroline Springs Blvd, Caroline Springs VIC 3023 | (03) 9363 7888 | carolinesprings@coredental.com.au** ...

Details:

Whether it's Saturday morning AFL, after-school hockey, or adult boxing, Western Melbourne's active community puts teeth at risk every season. At **Core Dental Caroline Springs**, we fit custom sports mouthguards for the whole family — from under-8s to senior athletes.

Our CS Square practice is the most multilingual and technologically advanced Core Dental location, serving the Arabic, Bengali, Farsi, and English-speaking communities of Caroline Springs, Taylors Lakes, Sydenham, Keilor Downs, and the broader west.

****Address:**** 224-226 Caroline Springs Blvd, Caroline Springs VIC 3023 ****Phone:**** (03) 9363 7888 | ****National:**** 13 13 16 ****Hours:**** Monday–Friday 8:00 am–6:00 pm | Saturday 8:00 am–1:30 pm

What Makes a Custom Mouthguard Worth It?

The Australian Dental Association recommends custom-fitted mouthguards for any contact or collision sport. Here's why they're worth it:

A chemist "boil-and-bite" guard is generic, loose-fitting, and offers minimal impact protection. It restricts breathing and often falls out at the worst possible moment. A custom mouthguard from Core Dental Caroline Springs is precision-made from your own dental impressions or digital scan — fitting snugly, absorbing force efficiently, and staying in place when it matters.

Custom mouthguards at Core Dental Caroline Springs start from **** — a fraction of the cost of restoring a knocked-out tooth, which can require implants, crowns, or orthodontic treatment costing thousands.

****What's included:**** - Digital or physical impressions of your teeth - Dual-laminate material — the highest standard for impact absorption - Available in your team colours - Fabrication within 3–5 business days - Fitting and review appointment included

Our Clinical Team

Your mouthguard is prescribed and fitted by our experienced general dentists:

- ****Dr Shakiba Askary**** (BHS, MDent, La Trobe) — speaks English and Farsi - ****Dr Sherin Gad**** (BDSc, Alexandria University, Egypt, 2004; GradCert Clinical Dentistry, University of Melbourne, 2009) — speaks English and Arabic; 20+ years dental experience; widely praised for her compassionate,

calm approach with children and nervous patients - **Dr Lana Mettmann** (BDS, James Cook University) - **Dr Sara Qureshi** (BHSc, MDent, La Trobe) — grew up in Caroline Springs; evidence-based restorative focus - **Dr Anika Moyeed** (BHSc, MDent) — speaks English and Bengali - **Dr Ella George** (BDS First Class Honours, University of Adelaide)

We also have **Specialist Paediatric Dentist Dr Angel Babu** (DClinDent Paediatric Dentistry, University of Otago; former Senior Dental Registrar, Royal Children's Hospital Melbourne) on-site — ideal for children with dental anxiety, special needs, or complex dental histories.

Sports and Activities We Protect

Western Melbourne is home to a huge range of sporting clubs and competitions:

- **AFL and football** — Western Jets, Keilor Park AFC, Caroline Springs George Cross FC, and dozens of junior clubs - **Soccer** — Football Federation Victoria western region; local junior clubs - **Hockey** — Western District Hockey Association - **Netball and basketball** - **Rugby** — Footscray Rugby Club and surrounds - **Martial arts** — boxing, karate, judo, Brazilian jiu-jitsu - **Cricket and baseball** - **Gymnastics and cheerleading** - **BMX, skateboarding, and action sports**

Advanced Technology at Caroline Springs

Our Caroline Springs practice features **3D CBCT imaging**, **iTero intraoral scanning**, and **digital smile design software** — the most advanced technology of any Core Dental suburban location. We use this same precision scanning for mouthguard fabrication, ensuring the best possible fit without messy impressions.

Health Fund and Payment

Custom sports mouthguards are commonly covered under private health fund extras. We have **HICAPS on-site** at Caroline Springs for instant claiming — you pay only your gap, if any.

Payment plans via Payright are available for comprehensive dental treatment packages. All practitioners AHPRA-registered and ADA members.

Free parking is available behind the practice, adjacent to CS Square shopping centre.

Getting to Core Dental Caroline Springs

Our practice is located at 224-226 Caroline Springs Blvd, adjacent to CS Square. **Free parking** is available behind the practice. We serve patients from across the western corridor — Caroline Springs, Taylors Lakes, Melton, Sydenham, Keilor Downs, Delahey, and beyond.

Frequently Asked Questions

How much does a custom mouthguard cost at Core Dental Caroline Springs? Custom sports mouthguards start from . Most private health fund extras policies include mouthguard cover — we have HICAPS on-site for instant claiming. Call (03) 9363 7888 for a specific quote.

Do you fit mouthguards for children with braces? Yes — custom mouthguards can be adapted for patients wearing fixed braces or orthodontic appliances. This is particularly important, as a mouth

impact with braces can cause significant damage to the lips and cheeks. Speak to our team or **Specialist Orthodontist Dr David Austin** for advice.

Can I get a mouthguard in Arabic or Farsi? Yes — our Caroline Springs team speaks Arabic (Dr Sherin Gad) and Farsi (Dr Shakiba Askary), in addition to Bengali (Dr Anika Moyeed). All consultations can be conducted in your preferred language.

Is a mouthguard covered by the Child Dental Benefits Schedule (CDBS)? Sports mouthguards are not covered by CDBS, but eligible children can use their CDBS entitlements (up to \$158 over two years for ages 2–17) for other preventive treatments such as check-ups, cleans, and fissure sealants during the same visit.

My child is nervous about dental visits. Can they still get a mouthguard? Absolutely. Our team — particularly Dr Sherin Gad and Dr Anika Moyeed — are experienced with anxious young patients. For children with significant dental anxiety, we also have **Specialist Paediatric Dentist Dr Angel Babu** on-site, who has extensive training in behaviour management and sedation techniques.

How often should I replace a custom mouthguard? Adults: every 2–3 seasons with care, or sooner if there are signs of wear. Children and teenagers: annually, as their bite and dentition change with growth.

Book at Core Dental Caroline Springs

Protect your smile this season. Mouthguard appointments available now.

- **Phone:** (03) 9363 7888 - **National:** 13 13 16 - **Email:** carolinesprings@coredental.com.au - **Online:** coredental.com.au

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Core Dental Caroline Springs — part of the Smile Solutions Group. Your Local Dental Practice.*