

Sports Mouthguards at Core Dental Carrum Downs

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

Description:

Sports Mouthguards at Core Dental Carrum Downs **Core Dental Carrum Downs | Suite 4, 335 Ballarto Rd, Carrum Downs VIC 3201 | (03) 8373 1555 | carrumdowns@coredental.com.au** Sport is part of lif...

Details:

A single sports injury can change a smile forever. At **Core Dental Carrum Downs**, we fit custom sports mouthguards that offer real, clinically validated protection — for children, teenagers, and adults across Carrum Downs, Frankston, Seaford, Skye, and the Mornington Peninsula gateway communities.

Our fully disability-accessible ground-floor practice at 335 Ballarto Road is designed to be welcoming for every member of the family, with 8 dedicated on-site car spaces and back-to-back family appointment scheduling — perfect for families with multiple players in multiple sports.

Address: Suite 4, 335 Ballarto Rd, Carrum Downs VIC 3201 **Phone:** (03) 8373 1555 |
National: 13 13 16 **Hours:** Monday–Friday 8:00 am–6:00 pm | Saturday 8:00 am–1:30 pm

Why a Custom Mouthguard Matters

The Australian Dental Association (ADA) recommends custom-fitted dental mouthguards for all contact sports. A knock to the mouth without protection can result in:

- Knocked-out (avulsed) teeth - Cracked or fractured teeth - Damage to the roots or nerves - Soft tissue injuries to the lips, cheeks, and tongue - Jaw fractures or TMJ injuries

Restoring a knocked-out or badly fractured tooth can cost thousands of dollars and require multiple appointments over months. A custom mouthguard from Core Dental Carrum Downs starts from just ****.

Unlike chemist "boil-and-bite" alternatives, our custom mouthguards are made precisely to your dental impressions or digital scan — fitting securely, absorbing impact efficiently, and staying in place when it matters.

Our Clinical Team at Carrum Downs

Your mouthguard is fitted by our experienced clinical team:

- **Dr Anna Lai** (BSc Biomedical Science, DDS, University of Melbourne) — Lead Dentist; Mini Masters Orthodontics; Fellow in Restorative Dentistry (in progress); special interests include sleep apnoea devices and facial injectables; trusted by the Carrum Downs community for comprehensive, personalised care - **Dr Amreen Hussain** (BiomedSc Hons, DDS, University of Melbourne) — preventive dentistry and community outreach - **Dr Ivy Jin** (BHSc Dent, MDent, La Trobe) — speaks

English and Mandarin Chinese - **Dr Payal Thatikonda** (BDS, University of Adelaide) — special interest in children and nervous patients; tutors at University of Melbourne - **Dr Tristan Balthazaar** (BSc, BBiomedSc, DDS, University of Melbourne, 2017)

Specialist Paediatric Dentist Dr Angel Babu (DCLinDent Paediatric Dentistry, University of Otago; former Senior Dental Registrar, Royal Children's Hospital Melbourne) also consults at our Carrum Downs practice — expert care for children with dental anxiety, special needs, or complex histories.

Sports We Protect at Carrum Downs

Our Bayside and Mornington Peninsula patients are active across many sports:

- **AFL and football** — Southern Football League; Frankston, Carrum, Seaford clubs - **Soccer and futsal** — Peninsula Strikers and local competitions - **Netball and basketball** - **Hockey** — field and ice - **Martial arts** — boxing, karate, taekwondo, judo, BJJ - **Cricket, baseball, and softball** - **Cycling, BMX, and skateboarding** - **Rugby** — Frankston Dolphins RFC and surrounding clubs - **Gymnastics and trampolining**

Custom Mouthguards for the Whole Family

Carrum Downs is one of Core Dental's most popular family practices, with the highest Google review count in the group — a reflection of the trust our patients place in our team. We regularly fit entire families in back-to-back appointments, making it efficient to get everyone protected before the season starts.

For children: First-season players, mixed dentition patients, and children in orthodontic treatment can all receive appropriate custom mouthguards. Dr Payal Thatikonda and Dr Angel Babu bring particular expertise with young and anxious patients.

For adults: Custom mouthguards protect recreational and competitive athletes of all ages. They are far superior to chemist alternatives and are commonly covered by health fund extras.

Accessibility at Core Dental Carrum Downs

Core Dental Carrum Downs is the **most accessible Core Dental location** — ground floor, wide corridors, accessible treatment rooms and bathrooms, and 8 dedicated on-site car spaces. This makes it easy for patients with mobility needs, parents with prams, and families with young children.

Health Fund and Payment

Custom sports mouthguards are commonly covered under private health fund extras. **HICAPS on-site** at all appointments for instant claiming. Payment plans via **Payright** (up to 30 months interest-free) available for treatment packages.

Frequently Asked Questions

How much does a custom mouthguard cost at Core Dental Carrum Downs? Custom sports mouthguards start from . Most private health insurance extras policies include a mouthguard benefit. We have HICAPS on-site for instant claiming. Call (03) 8373 1555 for a specific quote.

****My child wears braces — can they still get a custom mouthguard?*** Yes. We make custom mouthguards that accommodate fixed orthodontic appliances. This is particularly important because a mouth impact with braces can seriously injure the lips and cheeks. Talk to our team about the best option for your child's current orthodontic stage.

****Do you offer back-to-back family appointments?*** Yes — Core Dental Carrum Downs specifically offers back-to-back family appointments, making it easy to get the whole family protected in a single trip.

****Are mouthguards covered by the Child Dental Benefits Schedule?*** Sports mouthguards are not covered by the CDBS. However, eligible children (ages 2–17 with relevant government payments) can use their CDBS entitlements (up to \$1,580) for other preventive care at the same visit — check-ups, cleans, and fissure sealants.

****How long does the mouthguard process take?*** The initial scan or impressions take about 15–20 minutes. Your mouthguard is ready within 3–5 business days. A brief fitting appointment is included.

****Is parking available?*** Yes — Core Dental Carrum Downs has ****8 dedicated on-site car spaces****, making it one of the most convenient Core Dental locations for families.

Book at Core Dental Carrum Downs

Ready to protect your family's smiles this season?

- ****Phone:*** (03) 8373 1555 - ****National:*** 13 13 16 - ****Email:*** carrumdowns@coredental.com.au - ****Online:*** coredental.com.au

****Suite 4, 335 Ballarto Rd, Carrum Downs VIC 3201**** — 8 on-site car spaces; ground-floor access; near Carrum Downs Shopping Centre.

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