

Sports Mouthguards at Core Dental Epping

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

Description:

Sports Mouthguards at Core Dental Epping **Core Dental Epping | Tenancy 3B/230 Cooper St, Epping VIC 3076 | (03) 9401 4622 | epping@coredental.com.au** The northern suburbs of Melbourne have a vi...

Details:

Northern Melbourne families know that sport is part of life. Whether your child plays in the Northern Junior Football League, your teenager competes in hockey, or you train in martial arts, a dental injury can happen at any time.

At **Core Dental Epping**, we fit custom sports mouthguards for the whole community — from first-season junior players to elite adult athletes. Our Cooper Street practice is minutes from Pacific Epping Shopping Centre and around 10 minutes' walk from Epping Station, making it easy for working parents and busy families to fit a mouthguard appointment into the week.

****Address:**** Tenancy 3B/230 Cooper St, Epping VIC 3076 ****Phone:**** (03) 9401 4622 | ****National:**** 13 13 16 ****Hours:**** Monday–Friday 8:00 am–6:00 pm | Saturday 8:00 am–1:30 pm

Why Custom Is the Only Real Option

The Australian Dental Association is unequivocal: custom-fitted mouthguards provide significantly superior protection compared to chemist "boil-and-bite" products. The difference matters most in the moment of impact.

A custom mouthguard from Core Dental Epping:

- ****Fits precisely**** — made from your exact dental impressions or digital scan
- ****Absorbs and distributes force**** — dual-laminate material designed for real-world impact
- ****Stays in place**** — doesn't shift at the wrong moment
- ****Allows normal breathing and speaking**** — low-profile and comfortable
- ****Comes in your team colours**** — great motivation for junior players
- ****Lasts a full season or more**** with proper care

Custom mouthguards start from **** — compared to thousands of dollars to restore a knocked-out or cracked tooth.

Our Clinical Team at Core Dental Epping

Your mouthguard is prescribed and fitted by our experienced team:

- ****Dr Alysha Soltys**** (BSc, DDS, University of Melbourne) — with Core Dental since 2014; specialist interest in preventive dentistry and evidence-based care
- ****Dr Marina Ghobrial**** (BHSc Dent, MDent, La Trobe) — highly praised for her calm, gentle approach with anxious patients
- ****Dr Maria**

Blanchard** (BDC, ADC-certified) — originally from Venezuela; speaks English and Spanish; serving the Epping community since 2015 - **Dr Tristan Balthazaar** (BSc, BBiomedSc, DDS, University of Melbourne, 2017) — preventive and restorative focus

Specialist Paediatric Dentist Dr Aish Kesava (DCD Paediatric Dentistry, University of Otago) also consults at our Epping practice — expert care for children with dental anxiety, trauma history, or complex needs.

Sports Served at Core Dental Epping

We protect athletes competing in:

- **AFL and Australian rules football** — Northern Junior Football League and beyond - **Rugby union and league** - **Soccer and futsal** — Northern Region Football Federation - **Netball and basketball** - **Field and ice hockey** - **Martial arts — karate, judo, boxing, MMA** - **Cricket, baseball, and softball** - **BMX, skateboarding, and action sports** - **Gymnastics and trampolining**

How to Get Your Custom Mouthguard

1. **Book a mouthguard appointment** — call (03) 9401 4622 or book online 2. **Digital scan or impressions** — precise, quick, and comfortable (no messy material at Epping with our digital scanning technology) 3. **Fabrication** — 3–5 business days 4. **Fit and review** — your dentist adjusts and confirms the fit 5. **Play with confidence**

Our Epping practice features **laser dentistry**, **CEREC same-day crown technology**, and **digital intraoral scanning** — all contributing to a more accurate, comfortable mouthguard fitting process.

Health Fund and Payment

Most private health insurance extras policies include mouthguard benefits. Bring your health fund card and we'll claim on the spot via **HICAPS**. Payment plans via **Payright** are available for larger treatment packages.

Children's mouthguards are not covered by the Child Dental Benefits Schedule (CDBS) — but if your child has eligible CDBS entitlements, we can use them for other preventive treatments during the same visit.

Getting There

Core Dental Epping is at **Tenancy 3B/230 Cooper St, Epping** — approximately 10 minutes' walk from **Epping Station** (Mernda/South Morang lines), with parking available near Pacific Epping Shopping Centre. We're open until 6pm Monday–Friday, making after-school and after-work mouthguard appointments simple.

Frequently Asked Questions

How much does a custom mouthguard cost at Core Dental Epping? Custom sports mouthguards start from . Most private health fund extras include a mouthguard benefit. We have HICAPS on-site for instant claiming. Call (03) 9401 4622 for a quote.

****My child plays two sports — do they need one mouthguard or two?*** One well-fitted custom mouthguard is suitable for all sports. It will be made to your child's current dental impressions and can be worn for any sport requiring protection. We recommend annual review and replacement as their dentition changes.

****How long does the appointment take?*** The initial appointment (scan or impressions) takes around 15–20 minutes. Your mouthguard is fabricated within 3–5 business days. The fitting appointment is brief — usually under 10 minutes.

****What happens if my child loses or damages the mouthguard?*** Contact us on (03) 9401 4622 to arrange a replacement. We keep your digital records on file, which speeds up the process considerably.

****Is a mouthguard just for kids, or should adults get one too?*** Adult athletes benefit just as much from custom protection. Whether you play recreational sport on weekends or compete at a higher level, a custom mouthguard protects teeth that would be costly and difficult to restore after injury.

****Can I get a mouthguard appointment during school hours?*** Yes — Core Dental Epping is open Monday–Friday 8:00 am–6:00 pm. We can accommodate early morning, lunch-break, or after-school appointments. Call (03) 9401 4622 to find the best time.

Book at Core Dental Epping

Protect your smile this season. Custom mouthguard appointments are available now.

- ****Phone:*** (03) 9401 4622 - ****National:*** 13 13 16 - ****Email:*** epping@coredental.com.au -

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

****Tenancy 3B/230 Cooper St, Epping VIC 3076*** — near Pacific Epping; 10 min walk from Epping Station.

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