

Sports Mouthguards at Core Dental South Melbourne

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

Description:

Sports Mouthguards at Core Dental South Melbourne **Core Dental South Melbourne | 87 Market St, South Melbourne VIC 3205 | (03) 9114 7700 | southmelbourne@coredental.com.au** Protect your smile o...

Details:

A dental sports injury can happen in seconds — a collision, an elbow, a stray ball — and the damage can last a lifetime. At **Core Dental South Melbourne**, we fit custom sports mouthguards that give real protection to patients of all ages across South Melbourne, Port Melbourne, Albert Park, and the inner south.

Custom mouthguards are one of the most cost-effective preventive treatments in dentistry. The price of protecting your teeth is a fraction of what it costs to restore them after an injury.

Address: 87 Market St, South Melbourne VIC 3205 **Phone:** (03) 9114 7700 | **National:** 13 13 16 **Hours:** Monday–Friday 8:00 am–6:00 pm | Saturday 8:00 am–1:30 pm

Why Custom Mouthguards Matter

The Australian Dental Association (ADA) recommends custom-fitted mouthguards for any contact or collision sport. The difference between a custom mouthguard and a chemist's "boil-and-bite" product is significant:

| Feature | Custom (Core Dental) | Chemist Boil-and-Bite | |---|---|---| | Fit | Precision-fitted to your teeth | Generic shape | | Protection | Dual-laminate material; absorbs impact | Minimal shock absorption | | Comfort | Low-profile; easy to breathe and speak | Bulky; restricts breathing | | Durability | 2–3 seasons with care | Often lasts only one season | | ADA Recommendation | ■ Recommended | ■ Not recommended |

A knocked-out or fractured tooth can require a crown, dental implant, or veneer — costs starting at several hundred to several thousand dollars. A custom mouthguard starts from ****.

Our Team at Core Dental South Melbourne

Your mouthguard is fitted by our experienced clinical team, which includes:

- **Dr Scott Krause** (DDS, Loma Linda University California, 2009) — US, Australian, and New Zealand licensed; over 15 years clinical experience - **Dr Stephanie Sarkis** (BBIomed, DDS, University of Melbourne) — gentle technique praised by anxious patients - **Dr Manisha Bhatt** (BOH, MDent, Griffith) — speaks English and Malay - **Dr Joy Wang** (BBioMed, DMD, University of Sydney) — speaks English and Mandarin Chinese - **Dr Anchal Verma** (BDS, University of Adelaide) — Clinical Lecturer, University of Melbourne; transitioning as lead clinician

Our multilingual team — speaking Mandarin Chinese, Malay, and Cantonese — ensures clear communication for all members of South Melbourne's diverse community.

Sports We Protect

Our South Melbourne patients come from a wide range of sporting backgrounds. Custom mouthguards are essential for:

- **AFL and football** — local and school competitions - **Rugby union and league** - **Soccer and futsal** - **Netball and basketball** - **Field hockey** - **Martial arts, boxing, and MMA** - **Cricket, baseball, and softball** - **Skateboarding, cycling, and action sports** - **Gymnastics and dance**

Near South Melbourne Market and the inner south suburbs, we serve a community of committed recreational athletes and families with active kids.

The Process

Getting a custom mouthguard is quick and easy:

1. **Book an appointment** — brief appointments, usually available within a few days
2. **Impressions or digital scan** — precise records of your teeth taken in minutes
3. **Fabrication** — your mouthguard is ready within 3–5 business days
4. **Fitting and review** — your dentist checks fit, bite, and comfort
5. **Play protected**

For growing children and teenagers, we recommend an annual review and replacement whenever their teeth change significantly.

Technology at Our South Melbourne Practice

Core Dental South Melbourne features **CEREC same-day crown technology** and **digital intraoral scanning** — the same precision digital workflow we use for mouthguards ensures accurate, comfortable, and well-fitted results every time. No messy physical impressions required.

Health Fund and Payment

Custom mouthguards are commonly covered under private health insurance extras. We have **HICAPS on-site** for instant on-the-spot claiming — you pay only the gap, if any.

Payment plans via **Payright** are available for larger treatment packages. We accept all major health funds.

Getting to Core Dental South Melbourne

Our practice is conveniently located on Market Street, near South Melbourne Market. Tram services stop nearby, and street parking is available on Clarendon Street and surrounding streets. We're easily accessible from Port Melbourne, Albert Park, Southbank, and the CBD.

Frequently Asked Questions

****How much does a custom sports mouthguard cost at Core Dental South Melbourne?*** Custom mouthguards start from . Most private health insurance extras include mouthguard cover. We have HICAPS on-site for instant claiming. Call (03) 9114 7700 for a specific quote.

****How long does it take to get a custom mouthguard?*** The initial appointment takes about 15–20 minutes. Your mouthguard is ready within 3–5 business days. A brief fitting appointment is included.

****Are custom mouthguards suitable for children with braces or missing teeth?*** Yes — custom mouthguards can be made to accommodate braces or orthodontic appliances, and can be adapted for patients with missing teeth. Our dentists will advise on the best approach for your child's particular situation.

****My child has mixed dentition (baby and adult teeth). Can they still have a custom mouthguard?*** Yes. We recommend annual replacement during these years as the bite changes with tooth loss and growth. A well-fitting mouthguard is particularly important for children in contact sports.

****Does a dental mouthguard help with teeth grinding?*** While sports mouthguards and night splints (for grinding/bruxism) are different appliances, we can discuss both at your appointment. If your child grinds at night as well as playing contact sport, our team can advise on the most efficient approach.

****Can I claim my mouthguard on Medicare or the Child Dental Benefits Schedule?*** Sports mouthguards are not covered by Medicare or the Child Dental Benefits Schedule (CDBS). However, most private health fund extras policies do include mouthguard benefits.

Book Your Mouthguard Appointment

Protect your smile this season. Book at Core Dental South Melbourne today.

- ****Phone:*** (03) 9114 7700 - ****National:*** 13 13 16 - ****Email:*** southmelbourne@coredental.com.au - ****Online:*** coredental.com.au

****87 Market St, South Melbourne VIC 3205**** — near South Melbourne Market; tram access; street parking available.

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