

Sports Mouthguards at Core Dental Southbank

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

Description:

Sports Mouthguards at Core Dental Southbank **Core Dental Southbank | 55 City Rd, Southbank VIC 3006 | (03) 8547 0780 | southbank@coredental.com.au** Whether you play AFL, rugby, basketball, hock...

Details:

The CBD and inner city is more sports-active than you might think. Gym memberships, boxing classes, martial arts studios, cycling, basketball competitions, and weekend social sport are all part of Southbank and CBD life. And many of our patients play competitive sport on weekends in suburban clubs, making their city dental practice the most convenient place to get a custom mouthguard fitted.

At **Core Dental Southbank**, we fit custom sports mouthguards for city professionals, international visitors, and inner-city residents who want professional protection without having to travel far.

Address: 55 City Rd, Southbank VIC 3006 **Phone:** (03) 8547 0780 | **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 Protection

The Australian Dental Association (ADA) is clear: custom-fitted mouthguards provide significantly better protection than chemist "boil-and-bite" alternatives. A custom mouthguard:

- **Fits exactly** — made from your dental impressions or digital scan
- **Absorbs and redistributes impact** — dual-laminate material designed for real-world collisions
- **Stays in place** — no shifting at the critical moment
- **Allows easy breathing and speaking** — low-profile and comfortable
- **Comes in team colours** or clear, at your preference

A custom mouthguard starts from ****. Restoring a knocked-out tooth can require a dental implant (,000+) or crown (,600+) — a much costlier outcome.

Our Clinical Team at Core Dental Southbank

Your mouthguard is prescribed and fitted by our experienced team:

- **Dr Jacalyn Madden** (BSc Biomed, DMD, University of Sydney) — trained in Invisalign, CEREC, laser dentistry, and nitrous oxide sedation; comprehensive preventive and cosmetic care
- **Dr Shakiba Askary** (BHS, MDent, La Trobe) — speaks English and Farsi
- **Dr Joanne Ong** (BHlthSciDent/MDent, La Trobe, 2022) — speaks English, Mandarin Chinese, and Cantonese
- **Dr Sally Joseph** (BHSc Dent, MDent, La Trobe — High Distinction) — specialist interest in anxious patient care and preventive dentistry

For complex dental injury cases requiring specialist assessment, our team coordinates referrals to the **Collins Street Specialist Centre (CSSC)** — home to specialist endodontists, periodontists, oral surgeons, and prosthodontists. This full clinical pathway means that whatever the injury, you're covered.

Sports and Activities We Protect

Our Southbank and city patients train and compete in:

- **Boxing and kickboxing** — gyms across Southbank, CBD, and surrounds - **Martial arts** — Brazilian jiu-jitsu, MMA, karate, judo - **AFL and football** — weekend club competitions - **Basketball** — Big V, NBL1, social competitions - **Soccer and futsal** - **Rugby** — Melbourne Rugby Club and inner-city social competitions - **Hockey** — field and social - **Cycling and BMX** - **Netball**

International Patients and Visitors

Core Dental Southbank is experienced in treating international visitors and professionals. If you are from overseas and require a mouthguard before your stay in Melbourne, we can often accommodate appointments at short notice. We also provide detailed invoices formatted for international health insurance claims. Our multilingual team speaks Mandarin Chinese, Cantonese, and Farsi.

Health Fund and Payment

Custom sports mouthguards are commonly covered under private health insurance extras. We have **HICAPS on-site** at Southbank for instant claiming. Payment plans via **Payright** are available for treatment packages.

Before-Work and Emergency Appointments

Core Dental Southbank opens at **8:00 am Monday–Friday** — ideal for city professionals who want to fit a mouthguard appointment in before the working day. Emergency dental appointments are also reserved daily, because dental injuries don't follow a schedule.

Getting to Core Dental Southbank

Our practice is at **55 City Rd, Southbank** — a short walk from Flinders Street Station, with multiple tram routes along St Kilda Road stopping nearby. Nearby street parking and CBD car parks are available.

Frequently Asked Questions

How much does a custom sports mouthguard cost at Core Dental Southbank? Custom sports mouthguards start from . Most private health fund extras policies include a mouthguard benefit. We have HICAPS on-site for instant claiming. Call (03) 8547 0780 for a specific quote.

I'm a tourist visiting Melbourne — can I get a mouthguard here? Yes — Core Dental Southbank regularly assists international visitors. We can provide detailed invoices for international insurance claims and accommodate short-notice appointments where possible. Call (03) 8547 0780 or 13 13 16.

****How long does the appointment take?*** The initial appointment (impressions or digital scan) takes around 15–20 minutes. Fabrication takes 3–5 business days. A brief fitting appointment is included to confirm fit and comfort.

****Do you offer early morning appointments?*** Yes — Core Dental Southbank opens at 8:00 am Monday–Friday. Early morning appointments allow city professionals to fit in a mouthguard appointment before work.

****What if I injure my mouth during sport and need emergency treatment?*** Core Dental Southbank reserves emergency appointment slots every day. Call (03) 8547 0780 or 13 13 16 immediately. For severe facial swelling, difficulty breathing, or swallowing, call 000. For other urgent dental injuries — knocked-out teeth, fractures, abscesses — call us and we will see you as soon as possible on the day. Complex cases can be referred same-day to the ****Collins Street Specialist Centre****.

****Is a mouthguard covered by Medicare or CDBS?*** Sports mouthguards are not covered by Medicare or the Child Dental Benefits Schedule. However, most private health fund extras do cover mouthguards. HICAPS is available on-site.

Book at Core Dental Southbank

Protect your smile before training.

- ****Phone:*** (03) 8547 0780 - ****National:*** 13 13 16 - ****Email:*** southbank@coredental.com.au -

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

****55 City Rd, Southbank VIC 3006**** — short walk from Flinders Street Station; trams on St Kilda Road.

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