

Getting a Custom Athletic Mouthguard for Your Child

Protect your child's smile with a custom-fitted athletic mouthguard.

Based on Custom Athletic Mouthguard Dentist.Html by Cool Mountain Kids Pediatric Dentistry

Step 1: Understand Mouthguard Options

Learn about the different types of athletic mouthguards available: stock, boil and bite, and custom athletic mouthguards.

- Stock mouthguards offer basic protection but are not ideal.
- Boil and bite mouthguards offer a better fit than stock but can still be bulky.
- Custom mouthguards provide the best fit, comfort, and protection.



Step 2: Recognize the Need for Custom Protection

Understand that for optimal protection, comfort, and performance, a custom athletic mouthguard is the superior choice.

- Custom mouthguards are specifically made for your child's unique dental structure.



Step 3: Consult Your Pediatric Dentist

Schedule an appointment with Cool Mountain Kids Pediatric Dentistry to discuss custom athletic mouthguards.

- Your dentist can assess your child's needs and recommend the best solution.



Step 4: Dental Impression Process

During your appointment, the dentist will take impressions of your child's teeth.

- This ensures the mouthguard will fit perfectly.



Step 5: Mouthguard Fabrication

A dental laboratory will use the impressions to create a custom-fitted mouthguard.



Step 6: Fitting and Adjustment

Return to the dental office for a fitting to ensure the custom mouthguard is comfortable and provides optimal protection.

- Minor adjustments can be made if necessary.



Step 7: Educate Your Child

Teach your child the importance of wearing their custom mouthguard during all sports and activities.

- Proper use is key to effective protection.

Resources & Further Reading

Related guides for this process:

■ Protect Your Child's Smile with Custom Mouthguards (Action Sheet)

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-8878a5/pediatric-dentistry/Action%20Sheet/custom-athletic-mouthguard-dentist-html-action-sheet.pdf>

■ Protect Your Child's Smile with Custom Athletic Mouthguards (Infographic)

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-64863c/pediatric-dentistry/Infographic/custom-athletic-mouthguard-dentist-html-infographic.pdf>

Cool Mountain Kids Pediatric Dentistry | 6160 Tutt Blvd #140, Colorado Springs, CO 80923
(719) 550-1010 | www.coolmountainkids.com
Invest in your child's safety with a custom athletic mouthguard from Cool Mountain Kids.