



As a community service, Dr. Carlyn Phucas, Orthodontist is offering all members of Warriors Lacrosse, Lady Renegades lacrosse and their siblings FREE custom fabricated sports mouth guards.

****If you currently have braces, please visit us once your braces are removed****

Dr. Carlyn Phucas, Orthodontics & Pediatric Dental Associates offer high quality, **customized sports mouth guards** for children and teens. Custom made mouth guards are **more comfortable** and **flop around less** than mass produced mouth guards. Team members can call out easily with custom mouth guards in place. We offer a **variety of colors** that can be **personalized** with jersey numbers and names.



Custom mouth guards often cost \$125-150 each, but we offer them for a fraction of that cost.

Come on and take a free ride on the **H2 Hummer Braces Shuttle** from your school's front door to our office for your orthodontic visit and then back to school again. **Round-trip free school-time transportation** and beautiful smiles provided by Dr. Phucas.

At Dr. Carlyn S. Phucas Orthodontics, it is our goal to provide the highest quality orthodontic and dental treatments and create beautiful, healthy smiles in a positive, warm, and caring environment, where each person is appreciated, expectations are exceeded, and service is unsurpassed.

You can take advantage of numerous treatment options customized to fit your unique goals and needs such as traditional braces and **Invisalign** removable aligners.

**** Please call our office to schedule an appointment to get your impression taken in Marlton or Turnersville.**

975 Tuckerton Road, Suite 201
Marlton, NJ
(856) 985-9400

Washington Professional Campus
901 Route 168, Suite 501
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(856) 228-6633

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Customized Sports Mouth Guards

According to the American Dental Association, more than 200,000 oral injuries are prevented annually in this country by sports mouth guards. While this is an impressive preventative figure, it is unfortunately estimated by the National Youth Sports Foundation that more than 5 million teeth are knocked out in sporting activities this year. These oral traumas will happen to children, high school and college level athletes. In fact, dental injuries are the most common type of orofacial injury sustained during participation in sports.



Dental injuries can be significantly reduced if children, teenagers, and adults involved in the following sports wore custom fabricated mouth guards.: lacrosse, soccer, volleyball, baseball, softball, rollerblading, skateboarding, martial arts, boxing, wrestling, hockey, kick boxing and mountain biking.



Why Custom Fabricated Sports Mouth guard??

Custom-fabricated mouth guards provide the most protective, comfortable, and accurate fit available. These mouth guards are made from specialized plastics built to withstand impact, absorb and redistribute shock, protecting you. Custom fabricated mouth guards help reduce the likelihood of:

**Chipping, Breaking, Loss of Teeth
Laceration of the Tongue, Lips & Cheeks**

**Neck and Jaw Injuries
Concussion**

Not All Mouth Guards Are Created Equal



As far as protection goes, one can see in the pictures that custom-fitted mouth guards offer more protection to the teeth and gum area than this other manufacturers boil and bite mouth guard. It is important that your mouth guard not only covers your entire tooth, but the gum area that the tooth's root is attached to. If a knuckle were to come landing above this boil and bite mouth guard, the wearer is at higher risk of tooth

damage than if the wearer was wearing a custom fit mouth guard that covers the entire region.

The Costs of Sports Related Oral Injuries...

The lifetime dental rehabilitation costs can approach several thousand dollars per tooth, for the child or athlete who loses tooth (or teeth) in a sporting injury. This does not include the associated costs of hours in the dental office and the possible development of secondary problems such as periodontal disease. The total rehabilitation costs for a single knocked-out tooth are more than 20 times the preventive costs for a custom laminated, professional grade mouth guard.

Compared to oral rehabilitation costs (not including pain and suffering), a mouth guard is very inexpensive. It just makes sense to reduce the risks of fracturing or losing teeth. With a custom fabricated mouth guard we are pleased to offer them to you and your teammates.

