

Sports Mouthguards:

Type	Regular fee	Discounted fee for members of Waterdown Highschool Rugby team
Pressure Formed:		
• Proform 3 layers	\$295	\$110
• Proform 2 layers	\$263	\$95
• Proform 1 layer	\$230	\$79
Vacuum Formed	\$189	\$72

All fees above include HST. 2012/2013 season.

- What is a good sports mouthguard?**
 A good sports mouthguard is comfortable, and snug. The sports player should want to wear it (comfort), and not be able to remove it with their tongue (good snug fit) or else it stands no chance at protecting the teeth during impact.
- What is the difference between pressure formed and vacuum formed mouthguards?**
 Both types of mouthguards are custom made to fit your mouth and better than boil'n'bites and others non-custom ones. Vacuum formed ones used to be the standard, and they are made by a vacuum pulling down the plastic onto the stone model of your teeth. They are still good, but pressure formed ones are best, especially for higher impact sports. Pressure formed mouthguards are made by pressure pushing the heated plastic onto the stone model of your teeth. This way of making mouthguards leads to a better, more snug fit. As well, it allows several layers of plastic to be fused together and not be too bulky so the mouthguard is comfortable yet protective.
- What are the different types of pressure formed mouthguards?**
 The pressure formed mouthguards listed above differ by the amount of layers of plastic, as well as the thickness of plastic. Each one is better for different types of sports. Generally, the more layers and the thicker the mouthguard, the more impact it can protect you against.
Proform 3 layers – best for high impact sports (eg. Rugby, hockey, boxing...).
Proform 2 layers – best for medium impact sports (eg. Football, soccer, wrestling...).
Proform 1 layer – best for low impact sports (eg. Basketball, baseball, volleyball...).