

Warm, friendly service
for the whole family

Harbour City Dental Hygiene is Nanaimo's first and only private dental hygiene practice offering the entire family the finest in preventive and therapeutic dental hygiene care.

Our focus is on prevention and our goal is to help our clients achieve improved oral health and overall well being in a comfortable, relaxing environment.

We are an owner operated clinic and have been in business since 2003 currently with 2 registered dental hygienists and an office manager.

We continue to grow at a steady rate and are in the process of expanding our services.

Over the last year we have incorporated several programs into our business to help educate and provide better dental hygiene care to the community.

However, we think what sets us apart is the quality of our staff and the excellent, compassionate service and attention to detail.



Harbour City
DENTAL HYGIENE

Mouthguard Tips

1. Initially wear at practices or training to adapt to the new feel in the mouth.
2. Always store and transport in a firm perforated case to avoid damage.
3. DO NOT CHEW on or alter your mouthguard as it may damage it or decrease its effectiveness.
4. Avoid high temperatures or direct sunlight to minimize distortion.
5. Do not share your mouthguard as it is made specifically for you.
6. Clean your mouthguard after each use with toothpaste and toothbrush or cool, soapy water and rinse thoroughly. You may also use a retainer cleaning tablet but you still need to brush it after soaking and allow to dry thoroughly in its protective case.
7. You may rinse quickly in mouthrinse before use to freshen the taste.
8. It may be easier to find a lost mouthguard if it is colored plastic rather than clear.

Keep Your Smile Awhile!

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**Custom Fit
Sports
Mouthguards**
~
**What you need
to know!**

**Striving to
improve oral
health through
education**

Harbour City
DENTAL HYGIENE
Keep Your Smile Awhile!



Did You Know...

- More than 5 million teeth will be knocked out each year in sports-related trauma?
- Over 30% of all high school athletes report a dental injury at least once?
- Over 40% of all injuries that a properly fitted mouthguard could have prevented occurred in baseball and basketball?
- An estimated 300,000 sports-related traumatic brain injuries of mild to moderate severity occur in the U.S. each year?
- There is significant evidence mounting that properly fitted mouthguards can reduce the occurrence and severity of concussions?

There are many sports that involve intentional and non-intentional blows to the head, and no one can predict when they will happen.

Concussions can occur when teeth are clenched or knocked together, which can happen with any hit to the chin or face.

A considerable amount of force from a hit is transferred through the jaw and joint, then into the base of the skull.

People should wear a mouth guard whenever they are involved in an activity with a risk of falls or of head contact with other players or equipment. This includes football, baseball, basketball, soccer, hockey, skateboarding, even gymnastics.

We usually think of football and hockey as the most dangerous sports for teeth, but nearly half of all sports-related mouth injuries occur in basketball and baseball.



Sports Mouthguards are extremely important in preventing dental injuries during sporting activities – whether playing professionally, competitively or recreationally.

Any mouth guard is better than no mouth guard however, it is important to choose a mouth guard that fits comfortably.

Custom fit mouth guards are much more well tolerated and have better retention than the

over-the-counter models because they have a precision fit and are less bulky and irritating on the soft tissues in the mouth.

They are also constructed of high quality, non-latex material that withstands forces from trauma but is soft enough for energy absorption.

If a mouth guard interferes with breathing or speech, or if it feels bulky, it won't be worn.

All mouth guards should be replaced after 1-2 years depending on the retention, thickness and comfort level.

A child's mouth changes as they grow and develop and this can affect how the mouth guard will fit.

If your child is missing teeth, areas can be accommodated for growth but generally, custom fit mouth guards are made for that particular time when the impression is taken.

It may be best to wait until more teeth erupt into the mouth however, a consultation with your dental health professional is recommended.

A sports mouthguard should be considered an important part of the protective gear used for sports.

They protect not only the teeth, but the lips, cheeks, and tongue and also help protect a person from concussions and jaw fractures.

The average cost of dental treatment over a lifetime for one tooth lost is approximately \$5,000.

When it comes to sports equipment, mouth guards should be a priority.



We would like to help your sports team protect their teeth while also helping others.

We are fabricating custom fit sports mouthguards at a reduced rate. All proceeds from mouthguard sales will go towards our volunteer dental trip.

We are volunteering with Kindness In Action and will be leaving for a 10 day trip to provide free dental services to those in great need of dental care and oral health education.

**Important:

If you knock-out a tooth and it is an adult (or permanent) tooth immediately put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Contact your dental health professional right away. If it is after hours you can call the emergency dental number 250-741-3365.