

## Re Custom Fit Mouthguards

Dear Club Members,

I trust you are all well. As you may be aware at the start of the season we forged a connection with a local dentist, Dr Rahul Patel, who is offering SERFC players a personalized service of providing custom fit mouthguards at discounted rates.

Dr Rahul Patel is from Epsom Dental Centre and he has been established for 15 years, he is passionate about the growing concern of safety in our sport and the protection of individuals mouth and oral tissues. Both Rahul and his family have grown up in the local area and some of you may already know him as your own dentist.

The mouthguards he will supply us are unique in that they are registered as a PPE (Personal Protective Equipment) and conform to certain guidelines and come with a CE mark to confirm this. The laboratory technician of Playsafe mouthguards in fact is a long standing and founder member of the British Standards Institute PH/3/11 committee for British Standard for the testing of mouthguards. He has been involved with sports mouthguards for 35 years and supplied many individual amateur and professional sports players to include the England Rugby Team and the England Women's Lacrosse Team.

Dr Rahul has demonstrated the difference of the 'Custom Fit' mouthguards to us comparing them to other makes of gumshield. It is astonishing to see the differences in the levels of protection offered, and how the Custom Fit mouthguards offer a more comfortable fit and increased level of protection. There is no comparison!

The mouthguards offered are custom made for each individual by fit, colour and weight. Dr Rahul Patel will be coming to SERFC on **SUNDAY 3rd DECEMBER** to once again take a series of moulds for each individual player (so no trying to do yourself at home and having to post off!) and then have these impressions sent to the laboratory to have the mouthguards bespoke made for the individual. The finished gumshields will then be returned to the club for collection about 10-14 days later, so just in time for Santa to deliver at Christmas!

Each mouthguard comes in your choice of colour, with each individuals name embedded into the gum shield, and a robust carry case as standard. Other optional extra's to customize them further include different 'weights' and the ability to add the SERFC logo onto the mouthguard if desired.

The cost of such gumshields usually start at £85 but Dr Rahul is offering SERFC the range from £66. In addition, if more than one gumshields is made per individual a further 10% discount will be applied to the second mouthguard. This is an extremely generous offer considering the personal service and product he is offering.

Please see the attached flyer and info sheet for more options and to see these options.

There are a few prerequisites that are important:

- 1) The individual having the mouthguard must have had a dental check in the past 12 months. If this is not the case do not worry Dr Rahul will happily provide a free examination at Epsom Dental Centre, 37 Waterloo Road, Epsom Surrey. KT19 8EX, if you do not have a current dentist.
- 2) On the day of impression taking at the club any individual under 18 must have a guardian or parent present to give consent for the mouthguard.
- 3) Due to the mobile nature of the business, payment by cash or a bank cheque will only be accepted at the time of impression taking.

We genuinely believe that this is a step in the right direction to protect our mouths and oral health, and an offer we would like to pass onto all members of SERFC.

We have initially booked a date for Dr Rahul Patel to come to the club on Monday 14<sup>th</sup> August (first day of summer camp!) and subsequent days of Saturday 26<sup>th</sup> August and Sunday 27<sup>th</sup> August. For us to confirm these dates with Dr Rahul Patel we do require a minimum number of bookings for each day.

Therefore, if you are interested in this service to get a custom fit mouthguard for you or your child, and attending the fitting sessions on **SUNDAY 3rd DECEMBER**, please can we ask you to email Steve Furnell from the club ([stevefurnell@mac.com](mailto:stevefurnell@mac.com)) to book a suitable 10 minute booking slot to get the impression taken.

Thank you.....  
Ryan Reino

# Custom Fit Mouthguards - *exclusive to Sutton & Epsom RFC*

## colour range



## multicolours and patterns



## Three 'Weights' of custom fit mouthguards are available;

**Light**                      Cost In Surgery - £85                      **Price to SERFC Members - £66**  
 the least bulky and 'less of a mouth full'. Suggested for children with only 'baby teeth' present.

**Medium**                      Cost In Surgery - £90                      **Price to SERFC Members - £69**  
 suggested for sports players with a 'mixed' or full 'adult' set of teeth who participate in more involved sports.

**Heavy**                      Cost In Surgery - £110                      **Price to SERFC Members - £79**  
 suggested for sports players who may encounter a hard stick or a hard ball. This mouthguard contains resilient energy transmission lines which rapidly transmit the destructive energy to the remainder of the mouthguard thus giving excellent protection.

**For more information - please see the attached flyer from Dr Rahul at Custom Fit Mouthguards.**

## The process...

1. Book a slot with [stevefurnell@mac.com](mailto:stevefurnell@mac.com) for the next 'fitting session with Dr Rahul.
2. Dr Rahul will come to the club to and take a series of different moulds of your teeth and then send these to the lab
3. The lab make the mouthguard (this takes about 2 weeks) and then once they arrive you can collect from the club.



**Gums and skin  
heal....  
teeth do not.  
Be Custo🦷 fitted!**



Mouthguards supplied by Custom Fit Mouthguards do not guarantee that the mouthguard will fully protect, prevent or reduce the impact of any force/trauma to teeth, gums, mouth, head or neck.

## **Custo🦷 Fit Mouthguards**

In association with:

Epsom Dental Centre

37 Waterloo Road, Epsom, Surrey. KT11 9EX

## **Custo🦷 Fit**

**Mouthguards**





## 'Let's Keep It Simple'

### WHY...

Custom Fit Mouthguards provides just that, custom made oral tissue protection. Mouthguards act as a defensive shield to your teeth similar to a cycle helmet and car air bag combined in one, they absorb and dissipate any impact. The whole point of a mouthguard is to minimize trauma to the teeth, gums and face.

Obviously Custom fit is a closely adapted mouthguard with a 'locks in feel' to an individual's teeth, gums lips and cheeks.

This close fit not only improves protection which is paramount but also results in a gum shield that is stable. This keeps the airway minimally obstructed and improve breathing on exertion. Also as a result of improved fit it aids in better speech and communication, vital in team sports. An off the shelf gum shield or 'boil in the bag' mouthguard, will never be as closely adapted to one's teeth providing reduced protection, the main reason why it is being worn in the first instance.

### HOW...

easy you do not have to do anything. A British qualified dentist will come to you, take the appropriate 3D Impressions and bite registration to start your customized mouthguard process. This will then be manufactured by Playsafe dental laboratory by hand and then returned back to you.

### WHAT...

level of protection you desire is personal and to some extent dependent on the sport / activity being performed for simplicity three different custom fit mouthguards manufactured by the Playsafe mouthguards laboratory are available.

**Light** - The least bulky and 'less of a mouth full' suggested for children with only 'baby teeth' present. In Surgery £85 / Sutton and Epsom RFC £66

**Medium** - Suggested for sports players with a 'mixed' or full 'adult' set of teeth who participate in more involved sports, ideally not involving a hard stick or ball. In Surgery £90 / Sutton and Epsom RFC £69

**Heavy** - Suggested for sports players who may encounter a hard stick or hard ball. This mouthguard contains resilient energy transmission lines which rapidly transmit the destructive energy to the remainder of the mouthguard thus giving excellent protection. In Surgery £110 / Sutton and Epsom £79

**Even more..... 10% off 2<sup>nd</sup> Mouthguard 'Keep one at RFC and keep one at School!**



## CustoFit

As a dentist practicing for 15 years in the local area with a young family, the need for mouthguards became more relevant in my life. My daughter's desire to play hockey came with the proviso that a gum shield had to be worn. My philosophy throughout my dental career is to treat patients as one would want to be treated themselves and treat all patients as family. This combination of events and thoughts evolved into Custom Fit. If I feel I am providing my daughter with the best fit mouthguard then why should I not provide this for all other children, adults and sports persons alike.



## All Mouthguards

Are hand constructed by a pressure forming technique laminating in sheets of thermoplastic over each individual tooth model.

Comply with Personal Protective Equipment legislation and demonstrates this by having a CE mark.

Have each individuals name and radiopaque marker imbedded into the mouthguard customizing the custom mouthguard further.

Protective hard carry case.

Care Instructions.