

PRACTICAL CLINICAL COURSES

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Career Development Program

V5165

Customized Mouthguards for Any Sport

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Materials Included

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V5165 Customized Mouthguards for Any Sport

Presented by: Ray Padilla, DDS & Gordon J. Christensen, DDS, MSD, PhD

1. **Alginator II**
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Oxnard, CA 93033
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(805)488-1122
www.duxdental.com
2. **Articulators**
Whip Mix Corporation
361 Farmington Avenue
P.O. Box 17183
Louisville, KY 40217
(800)626-5651
(502)637-1451
www.whipmix.com
3. **Biostar VI with Scan Technology**
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4. **Border Polishers**
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www.essix.com
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11. **Erkoform-3d**
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15. **imprESSIX Color Change Alginate**
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www.ivoclarvivadent.us.com
17. **Jeltrate Plus**
Dentsply Caulk
38 West Clarke Avenue
Milford, DE 19963
(800)532-2855
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www.caulk.com
18. **Model Glow (Model Soap)**
Whip Mix Corporation
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www.whipmix.com
19. **Mounting Stone**
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20. **Polishing Brushes**
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21. **Precision Electric Heat Knife**
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22. **Prima-Rock**
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24. **Surfactant Debubbler**
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(503)643-6633
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25. **TriPhasix Alginate**
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Edgewood, NY 11717
(800)243-7446
(631)249-1134
www.parkell.com
26. **TurboMAX Alginate Auto Mixer**
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7290 26th Court East
Sarasota, FL 34243
(800)883-8733
(941)554-5250
www.essix.com
27. **Vacuum Power Mixer Plus & Combination Unit**
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Louisville, KY 40217
(800)626-5651
(502)637-1451
www.whipmix.com

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PROGRAM

V5165 Customized Mouthguards for Any Sport

CLINICIANS RESPONSIBLE:

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CEO, CR Foundation

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Team Dentist, Los Angeles Galaxy, Los Angeles Avengers, and UCLA Athletics

International Lecturer on Cosmetic Trauma Treatment and Injury Prevention

Lecturer, UCLA School of Dentistry - Dept of Advanced Education in General Dentistry

GOALS & OBJECTIVES

At the completion of this video presentation, participants should be able to accomplish the following:

1. Describe the frequency of sports-related accidents to the orofacial area.
2. Discuss the current use of mouthguards.
3. Describe the potential long-term costs of trauma to the orofacial area.
4. List the five current types of mouthguards.
5. List the disadvantages of stock mouthguards.
6. List the disadvantages of "boil and bite" mouthguards.
7. List the advantages of custom injection-molded mouthguards.
8. Compare the adequacy of vacuum- and pressure-made mouthguards.
9. List the advantages of pressure-formed mouthguards.
10. List the advantages of custom laminated pressure-formed mouthguards.
11. List 5 potential dental laboratories that provide mouthguards.
12. List three devices to make pressure-formed mouthguards.
13. Describe an adequate alginate impression for a mouthguard.
14. Discuss the type of stone most desirable to make a mouthguard.
15. Discuss the importance of proper border extensions on a mouthguard.
16. List the steps in making a custom laminated pressure-formed mouthguard.
17. Discuss how to place identification labels in laminated mouthguards.
18. Discuss how to place a strap attachment on a custom mouthguard.
19. Discuss laboratory fees for custom mouthguards.
20. Discuss clinical fees for custom mouthguards.

OVERVIEW

V5165 Customized Mouthguards for Any Sport

Millions of young athletes participate during their developmental years in sports that can cause considerable bodily damage, including orofacial accidents. Although mouthguards are used by many of these athletes, estimates are that 80% of the mouthguards do not provide adequate protection. The lifetime result of an unfortunate orofacial accident can be physiologically, psychologically, and financially devastating.

This video presentation overviews the various types of mouthguards, compares them, and shows how to make two very adequate types. The following and other subjects are included:

- Frequency of sports accidents related to the orofacial area
- Estimated current use of mouthguards
- Long-term results of orofacial trauma
- Types of mouthguards
- Stock mouthguards
- "Boil and bite" mouthguards
- Vacuum- and pressure-formed mouthguards
- Custom injected-molded mouthguards
- Making a custom injection-molded mouthguard
- Custom laminated pressure-formed mouthguards
- Comparative effectiveness of mouthguards
- Example laboratories for mouthguard fabrication
- Devices for in-office mouthguard fabrication
- Alginate impressions
- Stone casts
- Vestibular border extensions
- Trimming stone casts for mouthguards
- Lubricating the stone cast
- Ethylene vinyl acetate (EVA) options
- Scanning information into the device
- Heating EVA
- Placing pressure on the EVA
- Cooling the EVA
- Trimming the first layer
- Placing identification labels
- Placing the second layer of EVA
- Strap attachments
- Finishing and polishing the mouthguard
- Seating the mouthguard
- Different designs for custom laminated pressure-formed mouthguards
- Conclusion

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POST TEST

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1. One of the most adequate types of mouthguards is:
 - a. "boil and bite".
 - b. stock.
 - c. vacuum-formed.
 - d. custom laminated pressure-formed.

2. It has been estimated that _____ percent of mouthguards are adequate.
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%

3. Most stock mouthguards have:
 - a. moderate retention.
 - b. optimum retention.
 - c. no retention.
 - d. slight retention.

4. Custom injected-molded mouthguards:
 - a. have only moderate retention.
 - b. occlude with the opposing arch.
 - c. are made in the dental office.
 - d. are not usually contoured to natural anatomy.

5. Custom laminated pressure-formed mouthguards:
 - a. can only be made in dental laboratories.
 - b. can only be made in the dental office.
 - c. fit very well.
 - d. cannot be related to specific sports.

6. Identification labels:
 - a. are placed between laminates for custom laminated pressure-formed mouthguards.
 - b. are relatively simple to place.
 - c. remain adequately visible during service.
 - d. all of the above.

7. Which is a wrong answer? Alginate impressions for mouthguards:
 - a. must include the mucobuccal fold.
 - b. must have optimum accuracy allowing intimate contact of the mouthguard with the soft and hard tissues.
 - c. are not adequate for mouthguards.
 - d. should be poured as soon as possible.

POST TEST (CONT'D)

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8. Custom laminated pressure-formed mouthguards:
 - a. can be one layer only.
 - b. can be two or more layers.
 - c. can have thick and thin sections.
 - d. all of the above.

9. About 80% of orofacial injuries involving teeth include primarily:
 - a. the 6 mandibular anterior teeth.
 - b. the 6 maxillary anterior teeth.
 - c. the 4 maxillary anterior teeth.
 - d. the 4 mandibular anterior teeth.

10. Which is an *incorrect* statement relative to mouthguard protection?
 - a. Stock mouthguards are inadequate.
 - b. "Boil and bite" mouthguards are adequate.
 - c. Custom laminated pressure-formed mouthguards are adequate.
 - d. Custom injection-molded mouthguards are adequate.

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