# New Blog Published About Importance Of Dentist Fitted Mouthguards

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1st Family Dental has released a new blog post that provides information regarding the importance of mouthguards, particularly those that are fitted by dentists. The clinic would also like to announce the presence of their Arlington Heights, IL, dental office, which is one of their many locations, including five in Chicago.

The Arlington Heights dentist states that mouthguards work to absorb shock and protect the teeth and jaws. The dentist states that these devices are important for those playing sports, and that there is a major difference between ready-made and dentist created mouthguards.

"They work like airbags to protect your mouth," states Vicky Khawaja with 1st Family Dental. "Our blog post gives you much more information about them, and how to choose them wisely."

The post states that dentist fitted mouthguards are the best option to protect against trauma and concussion. It references a study that has found that custom fitted guards can reduce the risk of trauma by more than 50 percent, because they are specifically designed and created to fit the patient's teeth and mouth.

"Because they're custom made," explains Khawaja, "they are also more comfortable so you're much more likely to continue wearing them as you should."

The dental blog post states that the downside of custom made mouthguards is often the price for most patients. While a typical mouthguard can be a very affordable purchase, those created specifically for patients can cost upwards of $300, a price that the dentist states can be too high for many these days. The practice also states, however, that the cost of replacing or repairing a tooth can be much higher, and that the $300 price tag is much more affordable for most than paying to have extensive dental work done to repair teeth if they are injured during sports or other activities.

Khawaja points out that these custom made mouthguards can take up to two weeks to be finished, because once the impressions are made of the teeth in the dental office, they must be sent offsite for the mouthguard to be created. The dental office urges parents whose children are playing sports, particularly contact sports, to contact the office to discuss the possibility of having a custom made mouthguard created. More can be seen on the dental practice's website.

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For more information about 1st Family Dental , contact the company here:1st Family Dental Vicky Khawaja7732940378vicky@1fd.org4901 N. Kedzie AveChicago, IL 60625

**1st Family Dental**

*1st Family Dental was founded with a simple and yet profound vision: People of all ages deserve excellent and affordable dental healthcare, whether or not they have dental insurance.*

Website: http://1stfamilydental.com/

Email: vicky@1fd.org

Phone: 7732940378