



West  
Potomac Academy  
6500 Quander Road Alexandria, Virginia 22307

August 15, 2011

Dear Parents/Guardians and Athletes:

Mouth guards are one of the most successful pieces of protective equipment in sports today. We are happy to provide a custom fitted sports mouth guard program for the athletes at \_\_\_\_\_ . Regina Weems, Dental Careers Teacher, has volunteered her services and the services of her second year students to provide custom molded mouth guards for these athletes.

There are several types of protective mouth guards available today. As recommended by the American Dental Association and the Academy of Sports Dentistry, custom fitted mouth guards provide several advantages over the stock "boil-n-bite" type. Custom fitted mouth guards stay in place because of superior fit and are reportedly more comfortable, assist in protecting the teeth and jaws from fracture and dislocation, and are easier to speak and breathe with than store bought models. They may also reduce the risk of cuts, bruising, and disfigurement of the mouth and lips. While mouth guards cannot prevent all dental injuries, they offer significant protection against such injuries. Mouth guards are required in sports such as football, lacrosse and field hockey, as well as being highly recommended in most other sports such as wrestling, basketball and soccer.

The mouth guards offered in this program are made by taking an impression of the athlete's teeth with soft material. The mouth guard is formed over the mold of the teeth made from this impression, which allows for a custom tight, even fit with uniform thickness of material. Occasionally athletes may experience slight discomfort while the impressions are being made. Also, on rare occasions, patients may experience a gag reflex during impressions. If the athlete has an orthodontic appliance (i.e. braces), please consult your orthodontist and provide written approval from that dentist for a custom mouth guard to be fitted.

This opportunity to receive a custom molded mouth guard will be made available to all athletes at the cost of \$25.00. The athletic trainers will keep the models, for each additional mouth guard or replacement from that model will cost \$10.00. Each year new impressions must be taken to insure a proper fit. If you wish to participate, please complete the form below, attach a check in the amount of \$25.00 (made payable to West Potomac Academy/Dental) and give to \_\_\_\_\_, the Head Certified Athletic Trainer. The impressions will be taken in our dental lab at West Potomac High School or at your school.

Sincerely,

Regina Weems, CDA  
Dental Teacher  
West Potomac Academy

\_\_\_\_\_  
Certified Athletic Trainer  
\_\_\_\_\_