

# **SKYLINE DENTAL, LLC**

## **OFFICE NEWSLETTER**

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## **DENTAL NEWS & INFORMATION**

### **MOUTHGUARDS**

(Excerpts from the Academy of General Dentistry & American Dental Assoc. magazine & website)

A mouthguard is a flexible appliance that is worn in athletic and recreational activities to help protect teeth from trauma. The dental profession unanimously supports the use of mouthguards in a variety of sports activities.

#### **REASONS TO WEAR A MOUTHGUARD?**

Accidents can happen during any physical activity. A mouthguard can help prevent serious injuries such as broken teeth, jaw fractures, and other head & neck injuries by avoiding and minimizing the impact of the lower jaw and teeth from getting jammed into the upper jaw and teeth. Mouthguards are effective in moving soft tissues in the mouth away from the teeth, preventing lacerations and bruising of the lips and cheeks (especially for those who wear orthodontic appliances). They may also help reduce the severity and incidence of concussions.

If you are wearing braces, mouthguards are the best way to prevent cuts, bruises and laceration which can result from impact to the mouth during physical activities.

#### **DIFFERENT TYPES OF MOUTHGUARDS?**

**Stock or Store Bought:** Although these mouthguards do help protect teeth and jaw when worn, they often times do not fit very well. They can be bulky and make breathing more difficult.

**Boil and Bite:** These offer a better fit, as they can be softened in hot water and somewhat adapted better to your mouth.

**Custom-Fitted:** These are made by the Dentist and offer the best fit and protection. They are adapted specifically for each person's mouth based on a model or impression that the Dentist takes of the patient.

#### **SKYLINE DENTAL MOUTHGUARD SPECIAL**

For a limited time, we will be offering Custom-Fitted mouthguards for the incredibly reduced price of \$10 !!! We feel strongly that mouthguards help prevent dental trauma and accidents and want our patients to have access to the best fitting, most comfortable form of protection available. With the warm weather and High School sports season around the corner, this is the time to get everybody scheduled and fitted for a custom-fitted mouthguard.

Feel free to tell your friends and relatives about our special offer. We would be happy to make one for

them as well.

## **OFFICE NEWS & HAPPENINGS**

### **Email Contact With SKYLINE DENTAL Dentists**

In an effort to stay in better contact with our patients, we welcome your questions, comments or concerns via email. We make a strong effort to respond to emails on the same day that they are received (except on weekends or a day that the Dentist is off) and feel that email has become a great, convenient and worthwhile way to stay in contact with our patients.

Your dental questions, concerns or input are always welcome via email and we will attempt to respond to your emails whenever possible. Sometimes, we might need to examine a tooth or area in the office to properly address your questions, but otherwise feel free to send an email and see if we can help you through the internet.

We are also trying to follow-up on some of the more extensive care that we are providing (root canals, extractions, crowns, toothaches, ...) through emails. It seems to be so much easier and more convenient than playing phone tag with our patients.

Please know that you can choose to have your appointments confirmed via email or receive copies of our in-office Newsletter via email if you so choose. Simply let one of our Front Office Staff members know of your wishes and we will do our best to accommodate your request.

Our office email address is [info@SkylineDentalLLC.com](mailto:info@SkylineDentalLLC.com). Your email will either be forwarded to the specific Dentist that is taking care of you, or handled by the Front Office Staff, if it is a matter that they would be dealing with.

### **Your Child's Dental Health**

Regular visits to the Dentist help reinforce good brushing, flossing and other healthy oral habits for children. We can start seeing kids as soon as their teeth appear; to discuss proper care of the teeth, diet/nutrition, prevention and fluoride. Feel free to bring your youngsters along with you on your cleaning appointments, so they can get a ride in the chair and see for themselves that going to the dentist can be easy and fun.

### **\$20 Gift Certificates for your Referrals**

As a token of appreciation to our existing patients, we will be mailing a Gift Certificate good for a \$20 credit at our office; when a New Patient to our office lists your name as the referral source to our dental practice (full details at our Front Desk).

We appreciate our existing patients and would welcome your extended family, friends and coworkers into our practice. Feel free to refer your family and friends to our website ([www.SkylineDentalLLC.com](http://www.SkylineDentalLLC.com)) for an overview of our practice, services and policies.

Please check with our Front Office for additional details and limitations about our Referral Appreciation Credit.