



Your Dental Health

by Zane Broome, D.D.S.



MOUTHGUARDS FOR ORAL PROTECTION

A mouthguard protects your teeth, gums, tongue, and cheeks from trauma and injury. A mouthguard should be worn during contact sports and any athletic activity that puts your face at risk of injury. Mouthguards can also be worn at night to mitigate bruxism (tooth grinding). There are different options for mouthguards. Your dentist can make a mold of your teeth to create a custom mouthguard, which will be more comfortable and offer better protection. A custom mold can be made for either sports protection or bruxism prevention. Boil-and-bite mouthguards are molded to the shape of your teeth at home by boiling the mouthguard to soften it and then shaping it to fit your teeth while it's still warm and pliable.

One of our basic philosophies at MONADNOCK DENTAL ASSOCIATES is that our patients must recognize the need to take charge of their oral health and do what is necessary to prevent, arrest, or control their own dental conditions. We'll work together as a team with you to achieve the long-term benefits that quality dentistry affords. From recommendations about mouthguards to routine well visits to major dental reconstructions, we've got your dental needs covered. Treating both children and adults, our office is located at 123 Main Street, Jaffrey. You can reach us at 603-532-8720. Our office has been providing comprehensive dental care for over 40 years.

P.S. One size fits all mouthguards come ready to wear but rarely fit well and offer the least protection.

*Ask our staff how to become part of our **Whitening for Life Team***

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