



Your Dental Health

by Zane Broome, D.D.S.



REMOVING LODGED POPCORN HULLS

We've all been there: the hull of a popcorn kernel gets stuck in our teeth or gums while munching this popular snack. It can often be removed with a toothbrush or dental floss, but what if it seems lodged in there for good? A popcorn hull that's stuck in your gums is annoying and can lead to irritation, inflammation, and potentially a painful gum abscess. Unfortunately, saliva will not break down and flush out a popcorn kernel the way it can with other foods. Sometimes attempting to remove a lodged hull can push it further into your gums. Your dental hygienist can come to the rescue by safely removing the hull using a stream of water or dental cleaning tool.

At MONADNOCK DENTAL ASSOCIATES, we are all about the details. When you visit our office, we know that your dental health depends on our thorough attention to the many aspects of keeping your smile a healthy one. We know that dental patients put a great deal of trust in their providers and expect compassion, integrity, and excellence in the care they receive. You're sure to find that and more here at 123 Main Street, Jaffrey. We have office hours by appointment; please call 603-532-8720.

P.S. Keep travel-sized dental floss in your wallet or purse for those times away from home when you get food stubbornly lodged in your teeth or gums.

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

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