

Well here we are, March 2019, children back at school, holidays well and truly over!! How are those New Year's resolutions coming along? Is your goal simply to "Become a better version of yourself??" "Kooweerup dental are here to help!



As you are aware, many sports carry a large risk of physical contact. Often leading to serious physical and dental injuries. Dental injuries are often very difficult to treat. Treatment usually involves a life time of commitment and expense.

***"Prevention is always better than cure"***

A "Mouthguard" offers protection from serious sporting injuries, such as broken jaws, fractured, cracked or knocked out teeth, as well as lacerated lips and tongues. Please be mindful that injuries can still occur, but the injury is usually reduced ensuring the situation is easier to treat.

A custom-fitted mouthguard works by simply absorbing and spreading the impact of a damaging blow. They are custom fabricated, by your dentist taking an impression of your teeth and jaw. As you can understand a custom-fitted mouth guard is far superior to an over the counter mouthguard. Custom fitted mouthguards fit the exact contours of your mouth, are resilient and balance the bite. Breathing easier, in comparison to pre-fabricated mouthguards, and the custom mouthguards also allow for speech.

Ensuring longevity of your custom-fitted mouthguard is simple, clean it under cold water after use, store it in the original container and keep it on the model of your teeth if possible. The container needs to be sturdy with ventilation holes to keep bacteria at bay.

Don't forget to have your dentist check your mouthguards fit, once a year, at your regular dental exam.

*The **Australian Dental Association** strongly recommends not using over the counter mouthguards including the boil and bite types. They provide very little support, are often loosely fitted and constantly fall, they provide very little protection for your teeth. Speech and breathing are greatly impeded, and they have been known to lodge in the back of the throat – which could be life threatening.*

**"Kooweerup Dental" Believe Prevention is better than Treatment**

**So, we are OFFERING-: A custom-made mouth guard, in your favourite colour for a fee of \$125. Hurry Limited Offer! **March Only** If you have private Health Insurance, this may be partially claimable. Please note: Must bring Ad, to receive special price of \$125**