



Highland Park
Family Dentistry, S.C.

WORD OF MOUTH

WINTER 2022

Keep Your Teeth Safe While Playing Winter Sports

Winter sports are great for the body but can sometimes be detrimental to your teeth if you don't protect them. Are you an indoor or outdoor sports person? Maybe you like skiing, hockey, or snowboarding. Or perhaps, indoor sports like basketball or wrestling. No matter the Winter sport, you should consider protecting your teeth! The answer to keeping your teeth safe this winter is simple: wear a mouth guard! There are three different types of mouth guards:

Custom-made mouth guards: The custom mouthguard is made of thermoplastic polymer and fabricated over a model of the athlete's dentition. The dentist makes the mouthguard and fits precisely to the athlete's mouth.

Boil and bite mouth guards: These guards are made of a flexible material that can be shaped like clay when exposed to heat. Users will boil the material and bite into it to shape the guard to their teeth-hence the name.

Stock mouth guards: Made of rubber, polyvinyl chloride, or a polyvinyl acetate copolymer. They are relatively inexpensive, however, stock mouthguards are available only in limited sizes, do not fit very well, inhibit speech and breathing, and require the jaws to be closed to hold the mouthguard in place.

Important Reminder!

Your dental benefits expire at the end of the year. Use them before you lose them. Call our office today at (414) 475-9035 to find out how you can maximize your 2022 dental benefits.

SUGAR-FREE HOT CHOCOLATE



Hot chocolate is often filled with sugar. By opting for this scrumptious sugar-free version, you can stay cozy while keeping your teeth and gums in perfect health.

INGREDIENTS

- 2 teaspoons unsweetened cocoa powder
- 1-2 packets sweetener of your choice, e.g. Stevia
- Dash of salt
- 1 cup skim milk
- ½ teaspoon vanilla extract
- ½ teaspoon peppermint extract

INSTRUCTIONS

1. Mix cocoa powder, sweetener and salt in a mug
2. Heat milk over gentle heat on the stovetop, taking care not to let it boil.
3. Once milk is hot, slowly add it to the cocoa mixture while stirring.
4. Add vanilla and peppermint extract, stir and enjoy!

In-House Dental Discount Plan

Did you know we offer an in-house discount plan? We offer plans for all ages.

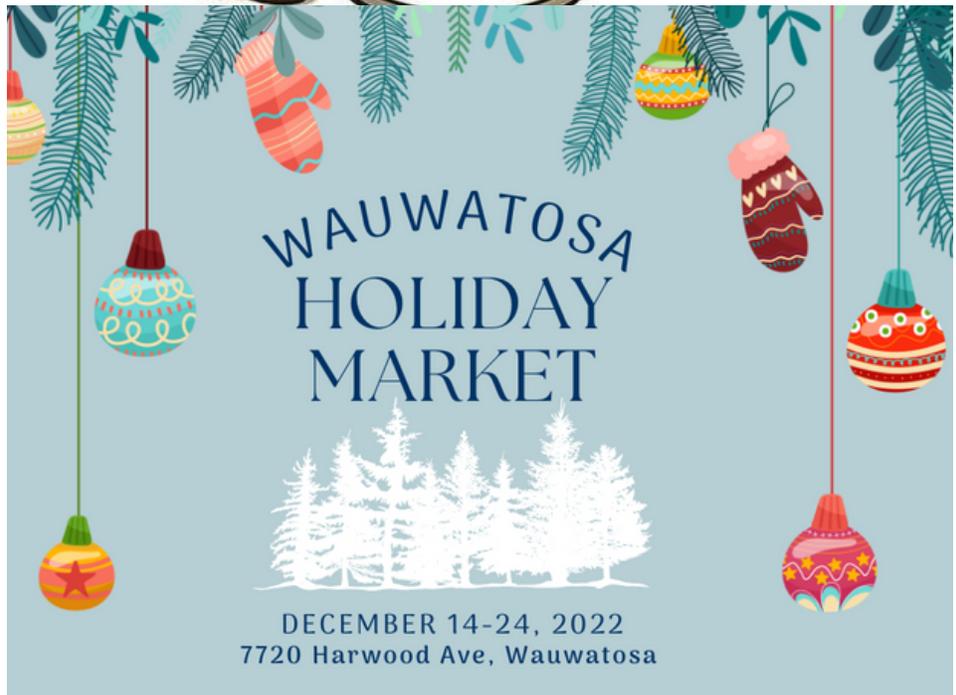
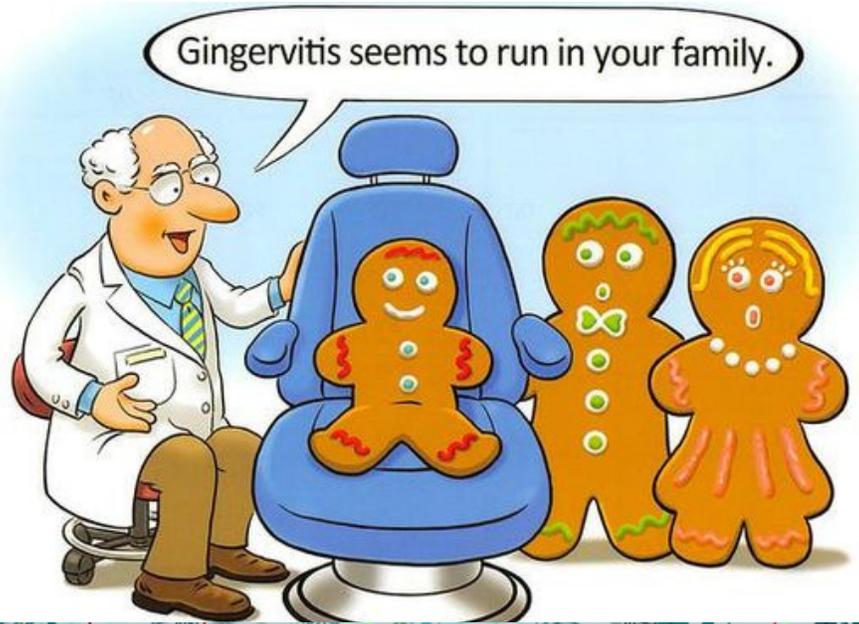
All of our plans include:

- 2 exams per year
- 2 cleanings per year
- 2 fluoride treatments per year
- 1 set of bitewing x-rays per year
- 1 emergency exam per year (if needed)
- 1 emergency single x-ray per year (if needed)
- 1 panoramic x-ray or full mouth series every 5 years

What are the benefits of this discount plan?

- No deductibles
- No annual maximums
- No pre-authorizations required
- No waiting periods
- No pre-existing condition exclusions
- Cosmetic dentistry is included

In addition to the routine hygiene appointments, patients will receive a 20% discount on all other dental treatment with payment at the time of service with cash or check



We are now booking into

2023

Call us today to schedule your
appointment!