



Dr. Foster Smiles

Smilesbydrbob.com



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SALE on Opalescence GO Pro



Mini Opalescence to GO PRO Mini Package.

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Protect your Implant Investment

Just like your natural teeth, implanted supported crown teeth need to be well taken care of. Implants are placed in the bone of the jaw and gum disease can attack your implants as well as your natural teeth.

With lack of oral care at home, your gums around the implant can become irritated and red. This condition is the beginning of periodontal disease called gingivitis. The good news is that gingivitis is reversible. When gingivitis occurs around an implant, it is called implant Mucositis. It can develop without any obvious symptoms. Because the bacteria has not been routinely removed, plaque has been allowed to build up along the gumline. If left untreated, Mucositis can rapidly develop into peri-implantitis. This condition is irreversible and can lead to the implant becoming loose and eventually fail.

Protect your Implants with Good Care At Home

Brush with a soft- bristled brush at least twice a day using fluoride toothpaste and rinse with a fluoride rinse, perhaps one prescribed by us. Clean the spaces between teeth and implants with dental floss or an interdental cleaner specifically made for cleaning between your teeth. The dental floss you currently use for your natural teeth should be adequate, unless you have multiple implants that are connected together. Flossing under multiple tooth restorations and between implants is critical to maintaining good oral health. A cone shaped brush, (interdental brush) or plastic pick can work also work well.

You will notice that we use different instruments to clean your implant. These instruments are plastic because metal can scratch the implant and cause bacteria and plaque to accumulate on their surface possible leading to Mucositis. Avoid using any metal objects like wire or paper clips to clean between your teeth. If you have an implant removable denture or partial, remove it at night, brush and store it in the prescribed cleaning solution.

Risk of Smoking

If you smoke, try to quit. Even in a study reporting high long-term implant survival rates of 92% twice as many of the implant failures were noted in individuals who were smokers versus non-smokers.

Visit your dentist for regular checkups.

Depending upon your needs, we may recommend 2, 3, or 4 times a year.

No Insurance? NO PROBLEM!

Have you heard about our in Office Benefit Plan for Non-Insured Patients?



For an annual fee, Members receive two cleanings with exams, any necessary x-rays, unlimited problem focused exams and discounts on other services for a 12 month period.

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Patient of the Month



Gene Lindsey, a tax accountant loves tinkering around with cars. So, naturally, he would want his photo taken with Dr. Foster's Corvette. Also a lover of gardening, Gene has a spectacular yard and we are sure he works hard to maintain it.

Gene enjoys all types of music, but especially the blues and Eric Clapton. He tells us he also enjoys country's Chris Stapleton. He has a lot of knowledge of all the artists, including the fact that one of the lastest songs of Darius Rucker (formerly Hootie of "Hootie and the Blowfish), "Wagon Wheel" ,was written, but never performed, by Bob Dylan.

A follower of the Georgia Bulldogs, Gene cheers for them. Also, he loves the Atlanta Braves and goes to their games in hopes that they come away with a win.

Because his wife, Jayne is so outgoing and Gene, being the accountant he is, blends in with the crowd, Gene says that in the circle of Shakespeare's Tavern (where his daughter, Becky, works and sometimes performs) as well as when he sees his daughter perform with her band "Denim Arcade", people are mostly unaware of his name. Thus, he thinks his new Nickname should be "Mr. Cellophane", a character that seems to go unnoticed, from the musical Chicago. We're not sure that his family agrees with him.

Mummy Spinach Dip

1 pkg. (16 oz.) frozen pizza dough, thawed 1 egg, beaten
2 sticks KRAFT or POLLY-O Mozzarella String Cheese
2 black olive slices



1 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream
1/4 cup KRAFT Lite Ranch Dressing
1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
1 pkg. (16 oz.) frozen pizza dough, thawed
1 egg, beaten

2 sticks KRAFT or POLLY-O Mozzarella String Cheese
2 black olive slices

1 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream

1/4 cup KRAFT Lite Ranch Dressing

1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
1 green onion, sliced

1/2 cup finely chopped red peppers

1/4 cup KRAFT Grated Parmesan Cheese

1/4 tsp. ground black pepper

Pat dough into 12x6-inch oval on baking sheet sprayed with cooking spray. Indent dough, about 3 inches from one end of oval, for the mummy's head. Let rise in warm place 20 min. or until doubled in volume.

Heat oven to 375°F. Brush dough with egg. Bake 18 to 20 min. or until bread is golden brown and sounds hollow when tapped lightly. Pull apart string cheese to make about 16 strips; arrange on bread for the mummy's wrappings. Bake 1 to 2 min. or just until cheese is melted; cool slightly. Press olive slices into bread for the mummy's eyes; cool completely.

Meanwhile, mix sour cream and dressing in medium bowl until blended. Stir in next 5 ingredients. Refrigerate 30 min. or until ready to serve.

Use sharp knife to remove bread from top of mummy's body; scoop out bread from center, leaving thin shell on bottom and side. (Reserve bread top. Discard removed bread or reserve for another use.) Fill bread with spinach dip just before serving; cover with top of bread. Serve with crackers.

*kraftrecipes.com

ATTENTION TEETH GRINDERS!

Teeth grinding is often a sign of psychological, lifestyle, and personality traits, such as:

▶ Deep-rooted frustrations, anxiety, or feelings of anger

70%
of all teeth grinders suffer from anxiety or stress

▶ Overly-aggressive personality, always in a rush

▶ Excessive smoking, caffeine intake, and alcohol consumption



▶ Overly-competitive nature



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