



Dr. Foster Smiles

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Smilesbydrbob.com



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Thank you from the entire team of Robert A. Foster, Jr., DMD/PC. We wish you well for the rest of 2018 and look forward to taking care of your dental needs in 2019 and beyond. Happy Holidays!



Help Santa Out...
We Have some GREAT Stocking Stuffers!

***In Office Whitening \$310**
Gift Certificates available

Pre-Loaded Whitening
(10 applications)
\$72 or 2 pkg \$128
(Savings of \$34 on 2)

Mini Pre-Loaded Whitening
(4 applications)
\$40 or 2 pkg \$78
(Savings of \$32 on 2)

* Regular fee all the time everyday

What are attachments?

The ligament that attaches the tooth to the bone is called a periodontal attachment. The attachment is evaluated using a periodontal probe, a flat tipped instrument that has measured intervals on it. A healthy attachment measures 3 mm or less.



Gingivitis is Reversible

Healthy gum tissue fits like a cuff around the tooth. When plaque stays around the gumline, the ligament is challenged and pulls away from the tooth, creating a pocket. The gums will be red and swollen as they reject the unhealthy appearance of the plaque causing the gums to bleed. This stage called Gingivitis is reversible. Once the bacteria is brushed away from the tooth, the gums will return to their healthy nature. Healthy

gums do not bleed, not even when you floss.

If the bacteria remains, the plaque builds up around the gumline and starts to attack the ligament or attachment. This plaque bacterium attacks the bone tissue adding deeper pocket depth. The depth can go so deep that you are unable to keep the root surface clean thus adding to the progression of the periodontal condition. When this occurs, you may need a deeper cleaning called, Root Planing.

What is Root Planing?

If your disease is progressing, you may need root planing to have a chance of reattaching the ligament to the tooth. Root planing smooths the tooth root and helps the gum to reattach to the tooth.

Periodontal Surgery

Sometimes scaling and root planing may not be enough. If the pockets don't heal after root planing you may require surgery to remove the plaque and tartar. After the tooth roots are exposed, the Periodontist recontours the bone, removes any remaining tartar and stitches the gum back in place. Surgery will help shrink pocket depth and make it easier for you to maintain the disease.

Home Care is Critical

Your oral health will dictate the success of your periodontal treatment. We recommend that you floss and rinse once a day and brush twice a day.



Strawberry Santas

Fresh strawberries

Vanilla frosting (in a can or homemade)

Mini chocolate chips

Directions:

Rinse the strawberries and cut off the leaves (discard)

Cut the pointed end off of each strawberry. Place the newly cut edge down on a clean napkin. The napkin will absorb the fresh strawberry juice, which is what you want.

The "body" of Santa needs to be quickly dabbed on a fresh paper towel as well. The extra juice will cause the frosting to slide. By letting the paper towel absorb the fresh strawberry juice, the frosting will stay in place better.

Put vanilla frosting in a piping bag (or in a zip lock bag and cut the corner off).

Gently swirl some vanilla frosting on the top of the body.

Place the "Santa hat" (or the strawberry tip) on top of the frosting.

Add a dab of frosting on top of his hat.

Add the mini chocolate chips for the eyes

Thank you to Kelly Dixon at
<https://www.smartschoolhouse.com/easy-recipe/strawberry-santas>



National Egg Nog
Day is
December 24th

IS THIS A COINCIDENCE?

Maybe....But, CHEERS!



John Shrock or is it Santa?

John has been a patient for many years. A high power executive of Georgia Pacific, John retired about 21 years ago. Being married for 40 years has blessed him with six children, ten grandchildren, and five great-grandchildren.

Retirement has brought on new responsibilities as well as fun.

Since John's wife, Anne, still works, he takes care of the house and their two dogs. And, he looks like Santa, so that's the fun part. He has a standing date each Christmas time with a local preschool and expects many more gigs. He even made a debut at one of the shows of SIDEWAYS, a professional dance company that Dr. Foster's daughter directs.

Go Dawgs and Braves!

As you can tell by his shirt, John is a UGA fan and he likes the Braves as well. As for music, John says there is nothing like the Big Band Sound of Glenn Miller and Tommy Dorsey. One of his favorite tunes is Glenn Miller's Moonlight Serenade. Perhaps, while listening to Big Band music, he likes putting together 1000 piece jig jaw puzzles. When he can, he goes on vacation with his entire family to the Caribbean Islands. He most recently went to Oregon to one of the grandchildren's wedding.

Thank you, John, for your laughter, loyalty, and the gift of your entire family. You are just as wonderful as Santa to us.



No Insurance ? No Problem!

This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

The plan covers diagnostic and preventive at 100% and other procedures are discounted by 20%.

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com