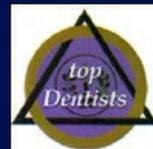




Dr. Foster Smiles

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March 2019



We are accepting new patients



Please refer your friends and family. It is through your kind and generous recommendations that our practice continues to grow. Thank you.

Did You Know?

Frank Zappa's song, "Montana," is about the writer living in that state "just to raise me up a crop of dental floss."

How NOT to Brush your Teeth



Brushing too often

Brushing twice a day, once after breakfast and again before bed is excellent. So, you may be thinking brushing more is better. Not really. Brushing too often can wear the tooth enamel and irritate your gums which may lead to inflammation and infection.

Brushing in a straight line or at a 90-degree angle.

Brushing your teeth is not like sawing wood. The back and forth motion of a straight line may wear ridges in the enamel. Additionally, since most decay does not begin on the flat tooth surface but at the gumline. Brushing at a 90-degree angle will not clean the gumline effectively. To be proficient, angle your brush at a 45-degree angle toward the gums and move your brush in a circular motion.

Brushing too Vigorously

Brushing your teeth should not be like sandpapering a table. Using a hard bristle brush or cleaning too hard can flatten out the bristles of a soft brush and the use of a hard bristle brush may damage the tooth's enamel and possible also irritate the gums.

Flossing After Brushing

Flossing is necessary to remove bacteria between the teeth, but flossing after brushing deprives you of the benefit of the fluoride in the toothpaste and the rinse you use after cleaning. Remember, Brush, Floss, Rinse is the motto of Stacey.

Rushing through the Brushing Process

Take your time. It's not a race. Start at the back of the mouth and travel the entire arch, inside and outside so you won't miss a tooth. Do the same of the other arch. Use your tongue to check if all the plaque is gone. If it feels rough, go back over the surface again.

The Pay Off

Using the tips above and paying attention to what you are doing every time you brush will help keep your smile bright and your teeth free of disease.

Luck of the Irish Milk Shake



Ingredients

2 cups mint chocolate chip ice cream

1/4 cup milk

1/4 cup Bailey's Original Irish Cream

1.5 ounces Irish whiskey

Garnish with chocolate syrup, whipped cream, and green sprinkles

How to Make It

Combine first 4 ingredients in a blender; process until smooth. Pour into a tall frosted glass and garnish as desired with chocolate syrup, whipped cream, and green sprinkles.

Jessica Colyer March 2016

RECIPE BY MyRecipes

Big Tooth

This month's patient of the month is "Big Tooth." This famous icon of the office has been here for over 35 years.



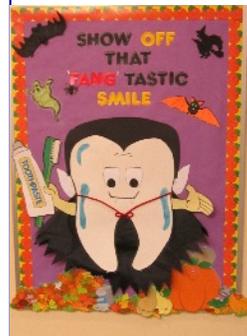
Big tooth loves to dress in costumes and has been many characters throughout the years, sometimes even a girl tooth, so it is difficult for him to remember which one is the favorite. All the

children and even adults like to see his next fashion statement.



He is privileged to have many children scramble to have a picture taken in front of him. We take photos, put them on the smile board, and give them to the kids when they

return for their next visit. Some parents have placed the pictures in their child's baby books. Patients that once were young and had their children of their own, love that their children have a Big Tooth photo opportunity.



Although Big Tooth is almost 38 years old, he still looks like a young molar. That's because he polishes himself very well twice a day. Stacey is always impressed by his appearance.

Dr. Foster has found no cavities in all of Big Tooth's 38 years. Now, that's impressive.

What is YOUR favorite Big Tooth outfit?

Saliva is the best natural defense against staining your teeth. So, sip water frequently to keep your mouth hydrated.



Dried fruit is worse for your teeth than fresh fruit. The drying process releases free sugars which can contribute to a build up of plaque.

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