



# Dr. Foster Smiles

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Happy  
HANUKKAH

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*We wish you endless happiness during the next year for you and those you hold dear.*

*Hopefully, our country will find peace in 2021.*

*We are here and it is safe. We follow ALL the guidelines of the CDC.*

*We are thankful for all your loyalty and support throughout the years.*

*Dr Bob and Team*

## Why You Should Brush Your Tongue

Your tongue is not smooth. It has crevices and uneven surfaces, making it the perfect target for biofilm and its bacteria. If you brush twice a day and floss once a day, you may not be cleaning your mouth as well as you could. Whether tongue brushing is to prevent bad breath or for just good oral health, brushing your tongue should be added to your oral care regimen.



### Does Your Tongue Change Colors?

Your tongue is covered with biofilm. Biofilm is your saliva mixed with a group of microorganisms that stick together living in your mouth, especially your tongue. Remember when you were a kid and had a raspberry popsicle at the beach? You had a red tongue. It took forever to go away, didn't it? It's the same today with the red wine at dinner. It's the biofilm on the tongue that turns red and stays red for a long time. This is such sticky bacteria, a mouth rinse isn't enough to blast away the mess. Mouth wash only destroys the outer cells of the biofilm. The sections below the surface are still present, so you have to physically remove the biofilm from your tongue.

### Brushing your Tongue may Prevent COVID-19

And, recently, scientists are thinking that if you brush your tongue daily you may stave off COVID-19. That would certainly be worth it!



### How to Brush Your Tongue With a Toothbrush

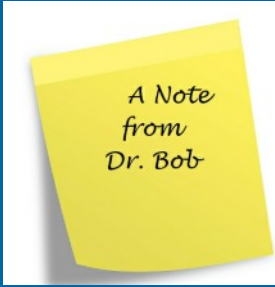


1. Brush Gently Back Side to Side
2. Brush Back and Forth
3. Rinse with Water or a Mouthrinse

### Don't Over Do It!

Don't overdo the brushing-you don't want to break the skin of the tongue. That would be like scraping your tongue on a sharp potato chip. If you're a gadget person, you may prefer a tongue scraper. You can get them at most drugstores.

# Is it Safe to Come Back to the Dentist?



A report released in October of 2020 by the Journal of the American Dental Association indicated that 99% of dentists followed the new infection prevention protocol set forth by the CDC and the ADA. Less than one percent of dentists nationwide were found to be COVID-19 positive since the reopening in May of this year. Here is what to expect at our compliant office:

1. Expect a phone call the day before the appointment to go over general questions about your health and travel. These screening questions will help determine the status of your appointment.
2. We will ask that you call when you arrive in our parking lot and we will advise you when to come to our front door. We are staggering appointments to allow for social distancing. We are not using the reception room. We ask that you come alone to your appointment as any person accompanying you will be asked to wait outside the office. Wear your mask into the office.
3. After your temperature is taken, Stacey, our hygienist, or Theresa, our dental assistant, will escort you to the proper treatment room.
4. Once in the treatment area, you may notice more barriers in place. For instance, we wear treatment shields as well as two masks. Dr. Foster wears a head covering as well. The requirement for the patient to wear eye safety glasses is part of the new CDC protocol.



**Wow, Committed to following safety guidelines. I know the crew is more at risk than the patient and I thank them for being there and treating me.**

B. Ferguson

5. After your appointment, you may need to delay your departure to allow free access to Tabitha, the operational business manager. Wearing your mask, we will settle the fees and set up any appointment that you may need.
6. Once you have departed, the entire treatment area is cleaned with a disinfectant designed to kill all viruses, including Covid-19. And rewrapped for the next patient.

Hopefully, a vaccine is in our near future. In the meantime if you have any issues or want to get back to your regular dental schedule, we are here, and you will be safe.

*Dr. Bob and Team*



## Stacey's Fruit Fluff

**After a big Christmas Dinner, this light dessert sure fits the bill for my family.**

### Mix together:

- 1 Large non-fat plain Greek Yogurt (16 oz)
- 1 small sugarfree cheesecake OR pistachio OR strawberry pudding mix (3)
- 1 can crushed pineapple, with natural juice (do not drain)
- 1 can mandarin oranges packed in water; slice segments into smaller pieces

**After you have mixed the above portion of Fluff well, you can add 2 cups or more of fruit. I like a lot of fruit in my Fluff. I have added a variety of blueberries, diced apples, strawberries, and diced pears. Chill for an hour.**

**IF there are any leftovers, cover and put in the refrigerator.**

