

Dr. Foster Smiles

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Smilesbydrbob.com



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We are Thankful that you are part of our Dental Family.
Happy Thanksgiving!

Whitening made Easy!



Easy and Effective
Go™ prefilled whitening trays pair professional strength teeth whitening with unrivaled convenience!

The innovative UltraFit™ tray easily conforms to any smile and is ready to use right out of the box. It's fast. It's simple. It's effective.

Your search for the perfect whitening solution is over.

Opalescence
go
Professional
Tooth Whitening



Life is Certainly Different, Isn't it?

Did you know that traditionally men are non-compliant when coming to the dentist and only schedule if something is bothering them?

Middle Age Job Seeking can be Scary.



In the past, men only worked for one or two companies. Thus, they made their entire careers with few changes. However, with the current employment climate since the pandemic began and the closing of many

businesses, middle-aged men (and women) are finding that they are suddenly in the market for a job. The competition for that job may be younger applicants and better-looking potential candidates. This realization gives a higher priority to their appearance on their "to-do" list.

What can you do to look younger?



Besides the apparent goal of losing those extra pounds, getting an updated hairstyle, and possibly an updated wardrobe, men are coming to my office for a more vibrant smile. They are starting to realize that a great smile has a lot to do with landing that coveted job.

An updated smile doesn't have to be expensive. A lot of our patients are happy with a whiter smile achieved with take-home whitening trays. Others request more treatment. We offer cosmetic services such as crowns, bonding, veneers, and partial and complete dentures.

What are you waiting for?

If you have neglected your mouth for a while, we won't judge. Instead, let us help you get on track to enhancing your smile and improving your overall oral health.



One Pan Mac & Cheese

Ingredients:

- ½ (8 ounce) package Fontina cheese
- ½ (8 ounce) package sharp Cheddar cheese
- 2 cups uncooked macaroni
- 1 ½ cups half-and-half
- Salt and ground black pepper to taste
- ¼ cup shredded white Cheddar cheese
- ¼ cup shredded mozzarella cheese
- ½ cup milk

Directions:

Preheat the oven to 350

Place blocks of Fontina and sharp Cheddar cheeses in the center of an ungreased, 9-inch square baking dish. Pour pasta into the dish, spreading evenly around the cheese. Pour half-and-half directly on top of the pasta and stir until evenly coated. Sprinkle with salt and pepper, then top with shredded white Cheddar and mozzarella

Bake in the preheated oven for 25 minutes. Pull the dish out of the oven, stir in milk, and mix until noodles, cheese, and sauce are evenly combined. Return to the oven and cook until golden and bubbly, about 25 minutes more.

Stir and serve immediately.



Children's Dental Emergencies

KNOCKED OUT TOOTH



Call and go to the dentist right away--best within 30 minutes. Don't forget to bring the tooth with you and any other pieces you can find.

Baby Tooth (primary)

It is normal for a child to lose a baby tooth, but an accident that damages that tooth could harm the tooth underneath it. If the tooth is entirely out--don't try to put it back in the socket. Instead, bring your child and the tooth (and any pieces you can find) to the dentist.

Adult tooth (permanent)

An adult tooth knocked out should be put back into its socket (if possible). Hold the tooth by the top and not the root. If it looks dirty, Rinse briefly with water. **DO NOT SCRUB; DO NOT REMOVE ANY ATTACHED TISSUE.** Try to insert the tooth into its socket and hold it with a clean cloth, a gauze pad, or even a kleenex.

If this is not possible, then try 1. An older child may be able to hold the tooth between his cheek and gums 2. Put the tooth in a container of milk, saliva, saline solution. 3. If none of the liquids are available, put the tooth in water.

BROKEN OR CRACKED TOOTH

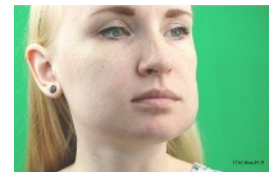
Go to the dentist and bring the tooth piece with you, if possible. Rinse the mouth with warm water to keep the area clean. Put an ice pack on the face to reduce swelling.

BITTEN CHEEK, TONGUE, OR LIP

Clean the area with a cloth and put an ice pack on the site. If bleeding doesn't stop after 1-2 hours, take your child to a dentist or physician.

OBJECT CAUGHT BETWEEN THE TEETH

Don't try to remove the object yourself with a sharp or pointed instrument. Instead, gently try to remove it with **DENTAL FLOSS**. If floss doesn't work, take your child to the dentist.



TOOTHACHE OR SWOLLEN FACE

Swelling of the face can be a sign of a severe infection. If you see swelling, take your child to the dentist right away. Rinse the mouth with water to clean the area and give your child a medicine that you would typically give for a headache or fever. **DO NOT PUT ASPIRIN DIRECTLY ON THE ACHING TOOTH OR GUMS.**

POSSIBLE BROKEN JAW

Apply an ice pack to the jaw to control swelling and take your child to the dentist or urgent care right away.