

Dr. Foster Smiles

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Smilesbydrbob.com



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An Easy Affordable way to whiten your teeth after drinking that Green Beer!

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
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Tooth Paint? Is it Safe?

A particular tooth polish, Chrom, marketed as "Fashion Tooth Polish," is all the rage on TikTok. This company sells white polish, metallic and pastel, and vibrant colors. I bet you can even buy a Kelly green for St. Patrick's Day.

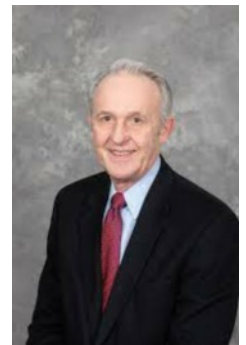


As a dentist, I want to weigh in on this product, not because it wouldn't be fun to paint your teeth for a short time, but because we have no data of how the product may affect the users. What if they accidentally swallowed some of this paint? There have been no long-term

studies on this product at all.

I know that his company has been selling white paint, but now they have introduced the color selections. My biggest concern is that patients may "paint" over dental problems such as cavities. Covering up dental issues could lead to much larger treatment needs in the future. And, how does this paint effect the enamel of the painted tooth?

Cliff Hartmann, DDS, president of the Wisconsin Dental Association, stated, "I have not seen any peer-reviewed, long-term studies on this product and how it can effect users if accidentally swallowed."



A spokesperson from Chrom stated, "We are not aware of any studies that indicate triethyl citrate causes damage to tooth enamel, nor has this been observed by any of our testing labs or consumers."



In my personal opinion, with the conflicting reviews, I recommend purchasing a product with the ADA seal of approval.

Thanks to Becker's Dental and DSO review.



March Madness Savory Cracker Snack

- 1-1/2 cups potato sticks
- 1-1/2 cups cheddar-flavored snack crackers
- 1-1/2 cups sourdough pretzel nuggets
- 3 tablespoons butter
- 1/4 cup grated Parmesan cheese
- 3 tablespoons olive oil
- 1-1/2 teaspoons sesame seeds
- 1-1/2 teaspoons dried minced garlic
- 1-1/2 teaspoons dried minced onion
- 1-1/2 teaspoons poppy seeds
- 1/4 teaspoon kosher salt

Directions

Preheat oven to 350°. In a large bowl, combine potato sticks, crackers and pretzels. In a small saucepan, melt butter; stir in remaining ingredients. Drizzle over pretzel mixture; toss to coat.

Spread in a greased 15x10x1-in. baking pan. Bake until crisp and lightly browned, 12-15 minutes, stirring every 4 minutes. Cool completely in pan on a wire rack. Store in an airtight container.

Recipe by Cyndy Gerken, Naples, Florida/
Taste of Home
Photo by Taste of Home

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Have Your Dental Insurance Benefits Declined?

Dental Insurance premiums have risen BUT your dental insurance benefits may have been reduced. Benefits may offer less percentage of payments and higher deductibles. You may even have a waiting period when you didn't have one before. Meanwhile, the insurance company is still collecting premiums and giving you less and less for your money. Even if your medical coverage has a rider for dental coverage, you may have noticed a difference in your benefits.

Originally we make this plan for uninsured patients, but now, many of our insured patients are opting to stop using their dental insurance and take advantage of our in-house Smile Plan. The benefits are many. The deductibles and waiting periods are non-existent. We have plans for single, dual or family coverage. Oh, and by the way, this plan is for a full 12 month period no matter when you sign up.

Here is a brief outline of Dr. Bob's Smile Plan



Diagnostic and Preventive

- 2 Comprehensive Exams 12 mo. period 100%
- X-rays as required for every visit 100%
- Unlimited Problem focused exams 100%
- Periodontal evaluations at each visit 100%
- 2 cleanings in a 12 mo. period 100%
- Additional cleanings 20%
- Fluoride treatments 100%
- Sealants 20%
- Oral Health Care Instructions 100%
- Smile Supplies (excludes fluoride, whitening) 100%
- Prevident, Fluorinse, other prescribed medicines 20%
- Oral Cancer Examination 100%
- Nitrous Oxide 100%
- Whitening (in office, & includes trays) \$350.00*
- *Discounts cannot be used with any office specials

All other Procedures

- Fillings, Core Build-ups, Crowns, Onlays, Veneers, Periodontics, Dentures, Partial Dentures, Fixed Bridges, Implant Restorations, Extractions, Root Canals, Limited Orthodontic Treatment* 20%

* For orthodontics, member must be a plan member for the duration of the treatment in order to retain plan discount.

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You won't be disappointed.