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Issue
One

Your monthly insight into maintaining your oral health

Amazing Smiles

FAMILY DENTISTRY

Newsletter



How To “Spring Clean” Your Smile

And how it can help save you money...

Spring is in the air! ... almost. However, if you're like me then you can't wait for all of the opportunities that warmer weather brings; including the beautiful scenery. And though the hues of yellow can be quite calming as they cover the Spring sky and flowers, they're much less calming to see when they cover our teeth.

So how do we include our smile in our annual spring cleaning? Easily! Or at least easier than getting out of bed on a Monday morning, or driving through Atlanta traffic, or... well you get it.

appearance. Consider your floors before you vacuum: they may not look it right away, but as you vacuum you begin to realize just how dirty they truly were, and how much better they look afterward. The same goes for your teeth. Bacteria builds up in the crevices of your mouth and can lead to some pretty nasty and dangerous infections. In addition to saving you from infection, flossing helps the appearance of your smile by removing plaque that builds up at the gum line, and improves your breath!

So let's start with a **daily checklist to keep our smile up to par:**

Brushing Teeth. Dr. Chubb recommends that you brush your teeth for two minutes twice a day, using a soft bristle toothbrush and fluoride toothpaste. Soft bristle toothbrushes help to reduce the risk of injuring the gums and fluoride toothpastes help prevent cavities and tooth decay. Also, as toothbrushes can harbor bacteria over time, make sure to replace your toothbrush every 3-4 months.

Other Recommendations. Be mindful of the foods you consume. We all know the effects that too much sugar can have on the body, but remember, your mouth is the first point of contact for the food you eat. So careful not let your sweet tooth turn into a cavity!

Flossing. Since you've been to our office, I'm sure you've heard about the importance of flossing time and time again. However, flossing really is a critical step in ensuring your overall oral health and

By following the above steps, you're already half-way there! Lastly, let's ensure the health of our teeth, gums,

You don't want to miss out...

- Learn some unexpected DIY hacks to brighten your teeth at home!
Page 2
- These statistics might surprise you, but did you know...
Page 3
- Everyone loves **CROSSWORD PUZZLES!**
Play to win big!
Page 4

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How To “Spring Clean” Your Smile *continued...*

and mouth by scheduling your hygiene cleaning. The importance of these appointments are often overlooked due to everything else we have going on in our busy lives. However, by skipping the dentist, we’re diminishing our oral health! Here are just some of the **benefits of visiting your dental hygienist at least twice a year:**

- Early detection of dental problems
- Increased self-esteem with an *Amazing Smile*
- Bad breath prevention
- Tooth loss and decay prevention
- **SAVE MONEY!** – *Preventative treatment is FAR less expensive than restorative treatment*

For more tips on how to “spring clean” your smile, give us a call at **(256) 568-0553**.

SPECIAL OFFER

\$299 In-Office

ZOOM WHITENING

with a \$50 mail-in-rebate



Amazing Smiles
FAMILY DENTISTRY

What to Know About Home Teeth Whitening?

We live in an era of crafty DIY’s and money savvy hacks; making our lives so much more convenient. Just ask all of the dads using vacuum cleaners to tie up their daughters’ hair.

By getting just a little creative, an everyday item can easily turn into a life saver. So, it’s only fair that we share a couple of hacks that will prepare you for that big job interview or first date. We already know how distinctive our smile is and the impression that it can leave on people. So, let’s leave a lasting impression with a blinding smile. Follow these hacks to make your smile shine brighter than ever before:



Hack #1

Can you guess which one of these everyday food items have been proven to whiten your teeth?



Baking Soda



Bananas



Apple Cider Vinegar



Coconut Oil

Well, the answer is...Trick Question! Actually, all of these items have been proven to remove stains for a brighter smile:

- Baking soda has been used for teeth whitening for decades; due to its abrasive nature, baking soda is good at removing built-up plaque and discolorations. For the best and safest use, mix it with water into a paste and brush for 2 minutes; or simply switch to a toothpaste that already uses baking soda as a primary ingredient.

What to Know About Home Teeth Whitening? *Continued...*

- Surprisingly, banana peels serve another purpose than just covering your fruit – teeth whitening! The potassium and magnesium in the peel help to remove stains. Simply rub the inside of a banana peel against your teeth before bed for about two minutes. Sure, your family will likely look at you like you're crazy, in which case you can simply blind them with your newly radiant smile.
- If you guessed apple cider vinegar, I'm not surprised; it seems to be the hack for everything these days. Its potency allows it to remove the toughest of stains. However, if over used, the acidity is strong enough to remove tooth enamel. So when using, be careful not to brush with it too often or for more than two minutes, and follow up with your regular toothpaste to remove any leftover residue.
- Many know that coconut oil can be a miracle worker for your hair and skin, however did you know that it also works wonders on teeth whitening? Put a spoonful in your mouth and swish it around for about 5 minutes. The taste isn't the best but it's a proven safe way to remove excess plaque and improve gum health.

Did you know? >>>

55% of first impressions are decided based on our appearance. And 48% of American adults believe that a smile is the most memorable feature after first meeting someone. Make sure your memorable smile is one you're proud of!

Hack #2

We now know what foods can help with creating a healthier, brighter smile. However, what foods should we avoid to keep it that way. In general, we want to avoid (or limit) foods that will stain our teeth. The biggest culprits might surprise you:



Coffee



Red Wine



Soda



Dark Berries

Now, no reasonable person would expect you to cut these items out of your diet completely, however limiting them will prove to be beneficial to your smile.

Hack #3

It is important to note that most of these tricks only work for removing surface level stains. For a deeper clean, **schedule a teeth whitening appointment.** Dr. Chubb is masterful in removing the deeper stains that deteriorate the appearance of our teeth. By removing the deeper level stains, your teeth will shine brighter, for longer, and will be easier to maintain. Call our office today to learn more!

HOW'RE WE DOING?



Leave us a review!

If you enjoyed your experience at our practice, and would like to share that with others, please leave us a review on Google! Your reviews help us to better meet your needs, and put smiles on more faces.

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Instagram!

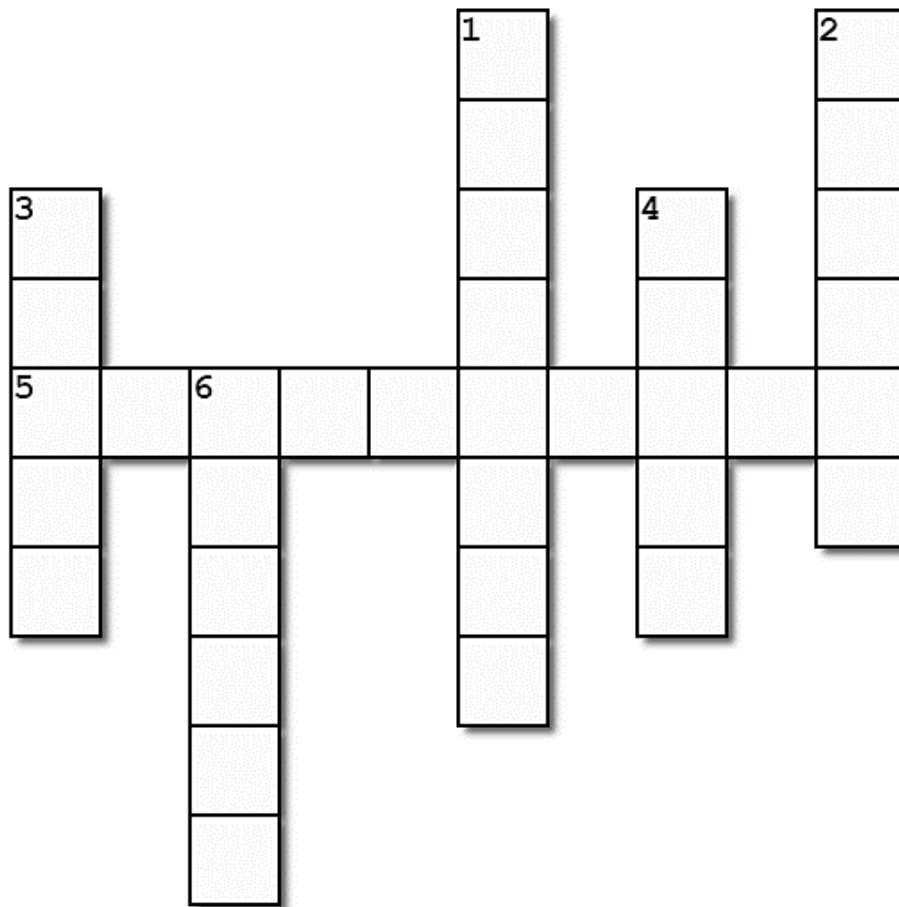


Amazing Smiles

Crossword Puzzle

Use the hints below to solve our Amazing Smiles Crossword Puzzle!

What fun is a game without a winning prize?! So call our office with your answers to win a special reward! 256.568.0553



Hint: All answers can be found throughout this newsletter

Across

5. 55% of first impressions are decided based on our _____.

Down

- _____ toothpastes help prevent cavities and tooth decay.
- Although apple cider vinegar is a great tooth whitening hack, if misused the acidity is strong enough to remove tooth _____.
- Foods such as coffee, red wine, soda, and dark berries can _____ our teeth.
- One of the greatest benefits of visiting your dental hygienist at least twice a year is: it saves you _____.
- Flossing helps the appearance of your smile by removing _____ that builds up at the gum line, and improves your breath.

