



## Top Tips for Clean Healthy Teeth

You turn on the TV and pretty much everyone you see has a bright smile.

You open your favorite magazine, same thing.

But you look in the mirror and you're not so excited by what you see.

And worse, maybe you feel like your breath isn't so fresh.

Keep reading for tips and tricks for teeth cleaning that will give you a whiter, healthier smile!

### Brushing, the right way

Brushing your teeth is like riding a bicycle, right?

Once you learn how to do it, you're good!

Not so fast – a few updates to your teeth cleaning techniques can put you on the road to a fresher mouth.

### Not so hard!

When you're brushing, think less about scrubbing things off (like you would on *continued on back page*)

## IV Sedation

Even if you're not normally afraid of the dentist, some procedures may still give you anxiety. Root canals, wisdom teeth extractions, and other complicated procedures make many patients worried and stressed. That's why Dentrix Dental Care gives you the option of IV Sedation.

We use IV sedation to help you relax and feel calm during dental procedures. If you're feeling nervous, we will happily provide you with these services.

### Details:

<http://dentrixdentalcare.com/iv-sedation-dentistry/>



## Did you know...



February is Children's Dental Health Month!

Celebrate by making sure your children brush and floss their teeth in the morning and right before bed.



## Dental Emergencies

If you have a broken tooth, a possible infection, or an excruciatingly painful toothache, you don't want to have to wait for an appointment. At Dentrix DentalCare, we're available as soon as you need us. We can resolve your emergency dental problems before they get worse.

Contact us at 403-288-5500 for our Market Mall location or 403-289-9908 for our North Hill location. We will get you in to see an emergency dentist as soon as possible!

## Refer a Friend

Do you know someone who can use our services? We always welcome new patients. Whether it is a friend, family member or colleague, we will make sure we provide them with the same professional treatment you expect from Dentrix DentalCare. Refer new patients to: <http://dentrixdentalcare.com/new-patients/>

## Sign Up for Our Newsletter

Sign up for our monthly newsletter and receive new PDF newsletters (exactly like this newsletter) containing tips to keep your smile sparkling. Sign up at: <http://www.dentrixdentalcare.com/newsletter/>

## Top Tips for Clean Healthy Teeth *continued*

a hard surface) and more about gently removing bits that don't belong.

While enamel is the hardest substance in your body, it does wear away over time.

Enamel is especially fragile if you brush within 30 minutes of eating something acidic or sugary.

The best method is to hold your brush at a 45-degree angle and go in small circles, rather than back-and-forth.

If you have a small mouth, you might grab a compact head toothbrush to make things a little easier.

(If you're not sure which brush is right for you, we're here to help.)

### Toss that brush

If you don't replace your toothbrush every 2-3 months, you're putting the same bacteria back in your mouth.

Set a reminder on your calendar to make it easier to remember.

Make sure you're replacing the head on your electric toothbrush at the same rate.

### Floss it, floss it good

Some of us may cringe when we hear the question from our dental hygienist, "Do you floss regularly?": We possibly mumble an answer, even though there are no dental tools near our mouth at the time.

A good way to improve your flossing score is to learn to do it without a mirror.

Close your eyes and focus on how flossing feels the next time you're in front of your mirror. Use it to spot check and make sure you're doing it right.

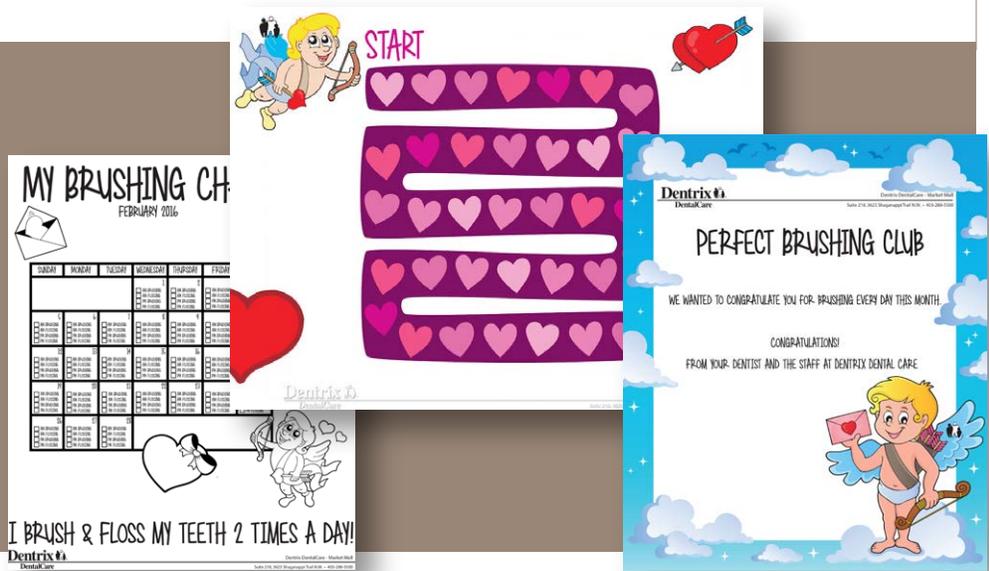
Once you get the feel down, you can do it anywhere (though maybe not at your desk).

Check out flossing myths at <http://dentrixdentalcare.com/flossing-myths> for other tips to be more confident on your next trip to the dentist.

For more Top Tips for Clean Healthy Teeth, go to <http://dentrixdentalcare.com/top-tips-clean-healthy-teeth/>

## Fun Stuff for Kids

Every month we have fun stuff including brushing charts, brushing games, colouring sheets and certificates to help children succeed with their daily brushing routine. You can download these at: <http://dentrixdentalcare.com/category/fun-stuff/>



Dentrix DentalCare - Upstairs Market Mall

Suite 218, 3625 Shaganappi Trail N.W. • 403-288-5500

Dentrix DentalCare - North Hill

1695, 1632 14 Ave N.W. • 403-289-9908

