

AEGIS NEWS

Aegis Dental Newsletter

Its the beginning of another academic year. As we are getting ready, don't forget to have a visit with your dentist in your checklist to get your teeth checked and cleaned.

Congratulations and have a fantastic year !!!

Waiting to brush after advised.

It's best not to brush teeth immediately after eating, especially after consuming something acidic, according to American Dental Association.

Enamel softens after coming into contact with acidic foods and beverages, and brushing teeth "soon after eating or drinking something acidic will only cause further damage."

HPV vaccination.

ADA strongly supports the administration of the HPV vaccine as a safe and effective way to reduce the risk for oral HPV infections and the cancers they can cause.

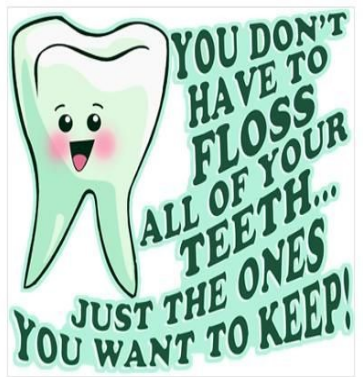
Limit Sugary drinks ...

American Academy of Pediatrics & American Heart Association calling for policies to limit access to sugary drinks among children and teens.

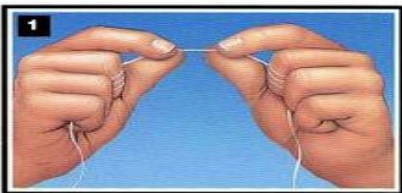
Flossing

Brushing only cleans around 70% of the surface area of teeth, leaving the cracks and spaces between teeth uncleaned. Flossing helps scrub the remaining spots, and gets teeth 100% clean!

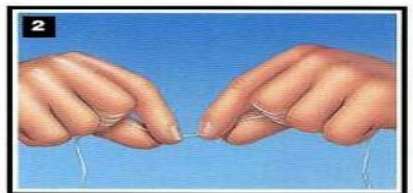
"NPR: "Dental Floss is your Secret multitool"



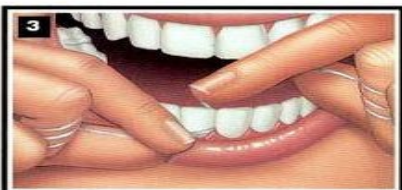
How to FLOSS YOUR TEETH



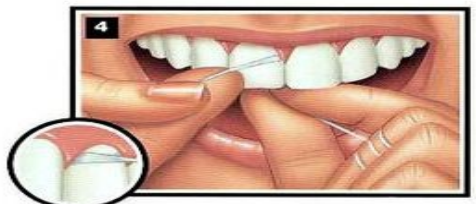
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.