

# AEGIS NEWS

## Aegis Dental Newsletter

*Its with profound happiness we are presenting our first newsletter. Almost 7 years since we started this journey with Aegis. We would like to thank each and everyone who walked through the doors of Aegis, without you this journey is not possible. I would like to thank the entire Aegis team for making each day a success. Dr. Chandu*

### Oral Hygiene Instructions

- Brush twice a day with fluoride toothpaste.
- Floss daily. Clean your tongue.
- Eat crunchy fruits and vegetables.
- Limit sugary and acidic foods.
- Get your teeth checked & cleaned twice a year.
- Replace toothbrushes at least every 3 months.

### Summer is here....

- Remember to take your kids to your dentist.
- Stay on your routine for brushing & flossing
- Say no to sugary drinks and snacks.
- Avoid chewing on ice.
- Play safe to avoid dental emergencies.
- Drink lot of water.

### Toothpaste use in kids.

- Kids under 3years of age should use a smear layer of fluoride toothpaste.
- Kids 3 to 6 years should use a pea-size of fluoride tooth paste.

*“Smile is the best accessory that you can wear this summer”*



Thalia RDA, Violetta RDH, Dr. Chandu, Tasha Lead RDA, Ariana Front Co-Ordinator