



July 13, 2011

Welcome Terry!



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[Summer Events in North County & San Diego](#)

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-Encinitas Concerts By The Sea: July 10th and 24th. August 8th and 21st. From 3pm to 5pm, Moonlight beach, Encinitas, call (760)633-2740

-Del Mar Racing: July 20th to Sep 7th. Thoroughbred racing five days a week. (closed Mondays-Tuesdays) at the Del Mar Thoroughbred Club. First post usually at 2pm daily; call (858)793-5533, for exeptions. Gates open two hours before first post every day except Opening Day (11:30 am) and Pacific class Day (Aug. 28) (noon). (858)755-1141 <https://dmtc.com>

-U.S Open Sand Castle Competition: July 22-24. Street fair opens at 7am on Saturday with various performers throughout the day on the Pier Plaza stage. Kids and Kastles 2:00-3:30 pm. Competition on Sunday 9am-2pm. Imperial Beach Pier. (619)424-6663.

Brushing Your Teeth the Right Way



Now, let's talk teeth!

Proper brushing is probably the most important way to keep your mouth healthy. Brushing correctly and with the proper frequency can help you prevent problems before they appear. There are four important things you will need to properly brush your teeth: a toothbrush with soft bristles, toothpaste with fluoride, the correct angle of brushing, and brushing in a pattern. Use the following tips to help you get the most out of your brushing.

- It is important to brush at least twice a day, after breakfast and before bed.
- You should use a toothbrush with soft bristles. Soft bristles with

rounded tips are gentler to your teeth and gums, and they also make it easier to remove plaque below the gum line where periodontal disease starts.

- Use about a pea-sized amount of toothpaste that contains fluoride. Fluoride hardens the outer enamel layer of the teeth. It can stop a cavity before it worsens as well as provide you with more resistance to future cavities.
- Angle the brush along the gum line at a 45-degree angle and apply firm pressure so that the bristles slide under the gum line.
- Vibrate the brush while you brush in short back and forth strokes and in small circular motions. Brush two or three teeth at a time and then move to the next two or three, allowing some overlap.
- Tilt the brush and use the tip to brush the backs of the front teeth.
- It is OK to brush in any regular pattern you choose but since the insides of the teeth tend to get less attention, you might start with the insides of the upper teeth and then move to the insides of the lower teeth. Then switch to the outsides of the upper teeth and then the outsides of the lower teeth. Brush the chewing surfaces of the upper teeth, then the same on the lower teeth. Complete your routine by gently brushing your tongue and the roof of your mouth. This will remove germs that can cause bad breath.
- Change your toothbrush at least every three months or when the bristles are worn or bent. Old bristles don't clean well under the gum line and they host more plaque and disease-causing bacteria than new ones.
- You can (and really should) be using an electric toothbrush at least once a day, thoroughly. We recommend 2 brands: Rotadent and Sonicare. Talk to us to see which one is right for you.

Patient of the month:

Mr. Steve Seyler!!!



Congratulations Steve. You're the lucky winner this month. Please come by the office during business hours to pick up your WaterPik. You have 30 days to claim your prize. Remember "Patient of the Month" is announced in our monthly Newsletter. You want to know how to win your own? Call us and find out.

July Specials: From Zoom Whitening, to discounts on Whitening Products to promotion on Invisalign. See our [July Specials](#).

Have a great day and keep cool!

Platinum Dental Inc.

Platinum Dental Inc.: 555 South Rancho Santa Fe Road Suite 100 - San Marcos, CA 92078
ph: 760-510-9009 - email: staff@platinumdental.com