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Greetings from Platinum Dental,



What is a Father?

A father is a person who loves and respects you. He is honest and he never neglects you. He is the greatest that your eyes will ever see. No other man like him will there ever be. When you are in your bedroom and scared at night; A father comes in to let you know everything is alright. Education is important so stay in school hanging out in the streets is not so cool. Listen to me son, so the day you become a man. Like me you will do everything you can. A father is

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like no other man around another man like him can never be found.



Brushing Your Teeth the Right Way

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.



Patient of the Month

!!!!SATOMI TRAN!!!!!!



Take-home Teeth Whitening Kit

(\$199 value)

Kit includes:

- 1 custom tray (1 arch of your choice)
- 2 tubes of bleaching gels

You have 30 days to claim your prize!

Would you like to become next month's winner? Well it's easy just come in to your routine check up and cleanings and you are automatically entered. It can't get easier than that! Want to increase your chances? Well write us a nice review online and you get entered twice. Simple! good luck next month :D

June Specials

Follow us to our [June Promotions page](#).

Have a great day!

Platinum Dental Inc.,

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