



May 11, 2012

Welcome Terry!

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To all the **mothers**, we'd like to congratulate you, and honor you not just on Mother's Day, but everyday because what you moms have gone through for us, from carrying us for 9 months, giving birth, watching us grow and love us unconditionally everyday! Thank You. There is no love like the love of a Mother to her child (even when you're all grown up too).

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Have a fantastic Mothers day from Dr. Eslampour and staff.

Flossing is Important!



Why is flossing so important? Because even with proper brushing, the areas between your teeth don't get completely cleaned. And most cavities start between your teeth! To keep your teeth and gums healthy you must use dental floss to remove the plaque between your teeth at least once a day.

How to use dental floss

First, take about eighteen inches of floss and wind the two ends of it around your middle fingers, leaving about five inches between your hands. Pinch the floss between your thumbs and index fingers and leave about one inch in between to work with. Gently guide the floss between the first two teeth using a side-to-side motion.

Pull the floss tightly in a C shape around the side of one tooth and slide it under the gum line. Clean the surface of the tooth by using an up-and-down motion not the side-to-side motion you used to guide the floss between the teeth. Repeat on the adjacent tooth. Then remove the floss, wind it to an unused section and repeat the process to clean both sides of every tooth.

If you are just beginning to floss for the first time, your gums will probably bleed a little. The bleeding should stop after about a week of regular flossing. If the bleeding continues after a couple of weeks let us know right away. It might indicate problems or it might just be that your technique needs adjusting. We can help either way. Also, if you have trouble getting the floss between your teeth or if it catches or tears, let us know as soon as possible. It could indicate a problem that needs to be corrected. And be patient! Flossing takes a little practice, so don't give up.

" Patient of the Month" raffle winner: **ADAN ORTEGA!**



Adan, Congratulations! You're our winner this month of a **Sonicare Toothbrush**, you have 30 days to come to our office and claim your prize, during office hours.

Adan had an entry ticket into the drawing just for coming in to get his regular check up cleaning. So if you still haven't scheduled for yours do it now, and you'll have a chance on winning the title of "Patient of the Month" and taking home an awesome Sonicare Toothbrush.

May Specials: Follow [this Link](#).

Have a great day!

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