

[View this email in your browser](#)

Ph: (02) 8824 4800

www.finessedental.com.au

October 2013



Dentally Speaking

What's On?



Do you have any 'Dental' question? Why not come to the **Kings Langley Village Fair** this Sunday October 20 at 9am-4pm. Proud to sponsor the community fair, Finesse Dental Team will have a stall on the day. So, if you have any questions on oral health and what we offer at our surgery, bring your family and join the fun this weekend. Our famous mascot DR TOOTH will be making an appearance. See you all there!



Tips for a Mouth Healthy Halloween

Halloween is around the corner which means most children will be busy munching on all those **LOLLIES!**

Here are 5 some tips your children can follow to stay mouth healthy this Halloween and year round.

1. **GIVE TEETH A REST.** Do not graze on lollies and other sugary foods all day. Eat them after a meal or shortly after mealtime.
2. **AVOID HARD AND STICKY LOLLIES.** The stickier the candy, the longer it stays in the mouth and longer it takes to get washed away by saliva...your child's teeth can be at risk for tooth decay.
3. **DRINK MORE WATER.** Water will help flush any debris that is present in your child's mouth.
4. **BRUSH YOUR TEETH TWICE A DAY.** Having good oral hygiene is important all year round not just in the Halloween season. Good habits start young, so let's encourage children to brush twice a day with fluoridated toothpaste.
5. **BRUSH YOUR TEETH TWICE A DAY.** Having good oral hygiene is important all year round not just in the Halloween season. Good habits start young, so let's encourage children to brush twice a day with fluoridated toothpaste.
6. **VISIT YOUR DENTIST.** If your child is not complaining of a toothache it does not mean they don't have a problem. 'PREVENTION' is the key!



Current Specials

With spring finally settling in and summer around the corner, everyone wants to look their best. Why not take advantage of our promotion on **TEETH WHITENING!** Only \$800 (normally \$1,295). At Finesse Dental we use the latest technology and **Philips ZOOM whitening** is proven to be best in the market. Philips Zoom featured on the **TV show EXTRA!** The link below is the segment on Extra. <http://www.extratv.com/videos/0-jh19pj4h/>