



Finesse Dental

Exceptional smile with Exceptional Care



Produced for the patients of Finesse Dental

www.finessedental.com.au

August 2014

Celebrating Dental Health Week!

Every year Finesse Dental celebrates Dental Health Week by educating our community on good oral health.

Fun Dental Facts:

Did you know...

- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush.
- Say cheese! The calcium and phosphorous found in cheese is healthy for your teeth - it reduces the pH level in plaque and re-mineralizes the enamel.
- If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side.
- The sequence that foods are eaten can determine the risk for cavities. If you eat sugary foods after meals, you decrease the chance for cavities, as opposed to eating sugary foods alone.
- You are supposed to replace your toothbrush after you have an episode of flu, cold or other viral infections. Notorious microbes can implant themselves on the toothbrush bristles leading to re-infection.
- More than 51 million hours of school are lost each year by children due to dental related illness.




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 Competition

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for A YEAR!

*Winner will be announced beginning of every month.

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

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