



**Finesse Dental**

*Exceptional smile with Exceptional Care*



Produced for the patients of Finesse Dental

<http://www.finessedental.com.au>

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## **Avoid Scary Tooth Decay This Halloween**

### **Don't let Halloween Candy be a Nightmare**

Whether you have little ghosts and goblins around the house or not, the lure of Halloween candy and treats will be all around this month. Sugary candy can lead to tooth decay but following these simple steps can help you and your children have a fun Halloween without the nightmare of harming their teeth in the process.



1. For safety, inspect any candy received during trick or treating adventures.
2. Don't let your kids gorge on Halloween candy. Teaching your kids moderation on Halloween is important.
3. Monitor that your children are brushing their teeth three times a day.
4. Make sure that your children use an age-appropriate fluoridated mouthwash every evening.
5. Have extra disposable dental flossers laying all over the house. You'd be amazed at what kids will do when their bored.
6. Avoid or limit candy such as caramels, candy corn, jelly beans, and taffy. These particular candies are extra sticky, making it hard for saliva to wash away the sugar.
7. Give your kids sugar free gum to chew. Not only does sugar-free gum help prevent cavities, it also helps neutralize the effects of sugar from the candy. Therefore, it combats the bacteria in plaque that causes cavities.
8. Why not [book for a thorough Clean](#) with us to make sure your oral health is back on track after Halloween!

Halloween is a fun holiday and you shouldn't have to worry about things like tooth decay. By practicing good oral hygiene and using moderation, your kids can have a fun and safe Halloween and still enjoy the candy!



Please ensure that we have your current details (mobile number, address, email) correct on our computer system.

If you have recently moved, or have changed your details, please inform our friendly reception staff when making your next appointment or next visit. You can also email us at [info@finessedental.com.au](mailto:info@finessedental.com.au).

Thank you for your attention to this matter.

  
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Competition

 **LIKE US ON  
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FOR A CHANCE TO WIN PRIZES!

**WIN  
ME!**



**for SIX  
Month!**

\*Winner will be announced beginning of every month.

**THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!**

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