

JULY 2021 NEWSLETTER



Happy 4th of July!

Here's what's happening in our office....



Greetings!

FREEDOM!! There is so much freedom to celebrate right now! Not only can we celebrate our country's freedom, but freedom from Covid restrictions in many settings! Due to the nature of the service we provide, our office still continues to require masks for everyone entering the office.

However, it is a relief to know that the worst of the pandemic is behind us and normalcy can continue in many places!

In this month's newsletter, we have our June Patient of the Month, our July contest for patients, and our monthly orthodontic topic: gum inflammation associated with braces. Read on for details.....

JUNE

Every month we pull one random name out of a box from all of the awesome patients that have been in that month with:

- *Excellent brushing & oral hygiene*
- *No broken brackets*
- *Excellent elastic wear as prescribed*

*Patient
of the
Month*

Congratulations to Savannah Hays, who is our Patient of the Month for June! Savannah received 50 extra rewards hub points as well as a certificate. Congrats, Savannah !

Things to know....

JULY CONTEST FOR PATIENTS:

ORTHODONTIC TOPIC:

GUM INFLAMMATION WITH BRACES

This month's patient contest is called *Dinner Across The Globe Contest*. Log into the Patient Rewards Hub with your password to access the contest. Take your taste buds on a trip around the world with this fun contest that matches dinners with the country where they originated..

The end of the contest is July 31st and the winner will receive a notification in their patient hub account and will earn 30 rewards points. Everyone that participates will receive 5 rewards points. Participants are also encouraged to follow and like our Facebook page after completing the contest, if you have not done so already. Social media is a great way to hear updates and relevant information about our office. **GOOD LUCK!!**



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Keeping your gums healthy in an important part of good oral hygiene, whether you have braces or not. When you get braces put on, you are introducing new appliances to your mouth that create more traps for food and other debris – that means more places for plaque and bacteria to collect.

Improper care of gums can have unpleasant consequences: pain, inflammation, gums that bleed, and over time, gum recession and/or gum disease. When gums appear to "grow over your braces", it is usually a sign that you are not taking proper care of your gums.

When you don't brush and floss, there is excessive bacteria growth on your teeth and between your braces. This can cause your gums to react: they may swell or become inflamed and irritated; they may bleed, and in some cases, they may be triggered to start growing more gum, which is called hypertrophy or hyperplasia.

If you notice this happening to your gums, don't panic: it can be easily treated by re-introducing proper oral hygiene habits. Be sure to brush with a soft-bristled toothbrush 2/3 times a day with fluoride toothpaste for 2 minutes at a time. Floss every day with braces. You can use a floss threader, as well as a water-pik or water jet, for maximum effect. If your gums bleed while you floss, this is a sign you haven't been flossing enough. Just continue to floss and brush as normal and your gums will stop bleeding as they adjust. Also, rinsing with salt water several times a day works as an antiseptic and can gently help flush away bacteria and ultimately reduce inflammation. (See the recipe for salt water rinses to the left).

SALT WATER RINSE RECIPE

Ingredients:

- 8 ounces warm water
- 1 teaspoon salt

Preparation:

Salt water mouth rinse is easy to make and takes only about 10 minutes to prepare:

1. Start by bringing 8 ounces of warm water to a rolling boil, about 10 minutes.
2. Turn off the heat.
3. Let water stand until it's cool enough to rinse with but still warm (this will better allow the salt an optional baking soda to dissolve in the next steps).
4. When cooled accordingly, place the salt in the water while gently stirring until the salt has been completely dissolved.
5. Make the solution fresh for each use.

How to Use:

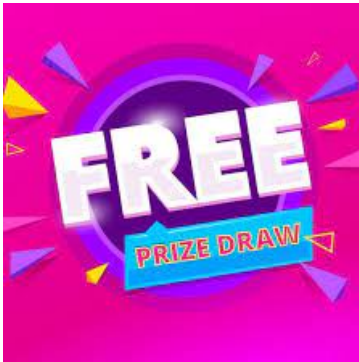
Swish the solution around in your mouth for 60 seconds, then spit the solution out. Don't swallow it. Nothing will happen to you if you do swallow it, but it's not necessary. Salt water mouth rinse can be used up to four times a day for treatment for up to two weeks with no adverse effects.

Healthy gums don't bleed, swell, or feel inflamed even with braces, so once you start sticking to a good oral care routine, you should start to see healthier gums. If pain or growth persists, please consult with our office.

Brushing twice a day and flossing regularly are key to keeping your mouth clean, and sweeping away any bacteria that collects under your braces, between the wires, around the brackets, etc, so for the best results with your braces, keep those gums healthy, pink, and happy.



INFLAMMED GUMS VS HEALTHY GUMS



**DON'T FORGET OUR FACEBOOK
VIRTUAL PATIENT APPRECIATION DAYS!**

Check out our [Facebook](#) page **EVERY TUESDAY** to see if you win! We will be giving away **AWESOME** prizes to one of our random, active patients! Each week we will be giving away a different prize for a different age group and gender. We will automatically enter everyone's name that falls within that age range into the drawing for that

week. All you have to do is visit our Facebook page every Tuesday to see if that week is for your age group!



Did you know we are accepting new patients? The biggest compliment we can ever receive is the referral of a family member or friend, or an online [Google](#) review. We thank you for your



confidence in us and we appreciate your business and your referrals! We hope you have a **Happy & Safe July 4th** holiday & we will see you in the office soon!

[*Click here to leave us a Google review!*](#)

Sincerely,
Dr. Christopher Spoonhower & Staff



Monday: 9:00 a.m. – 6:00 p.m.
Tuesday: 9:00 a.m. – 5:00 p.m.
Wednesday: 9:00 a.m. – 5:00 p.m.
Thursday: 7:30 a.m. – 3:30 p.m.

Reach Out To Us

Call Us Today: (330) 896-0600
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Please Note: Our office is closed on Fridays, however we DO have limited patient emergency hours. Should you have an orthodontic emergency, please call the office. If we do not answer, please leave a message and we will call you back as soon as possible.

Regarding Insurance: If your insurance covers orthodontic treatment, you will be reimbursed directly from your insurance company. This will reduce your overall out of pocket expense for treatment. Many insurance policies have a lifetime orthodontic benefit that is distinct from regular dental insurance. Insurance policies vary, so we will review your insurance to determine the appropriate course of action. (Once treatment has started, we will file your claims).

Our office is committed to helping you maximize your insurance benefits. Due to the fact that insurance policies vary, we can only estimate your coverage in good faith, but cannot guarantee coverage due to the complexities of insurance contracts. Please inform us, too, of any changes to your insurance coverage.