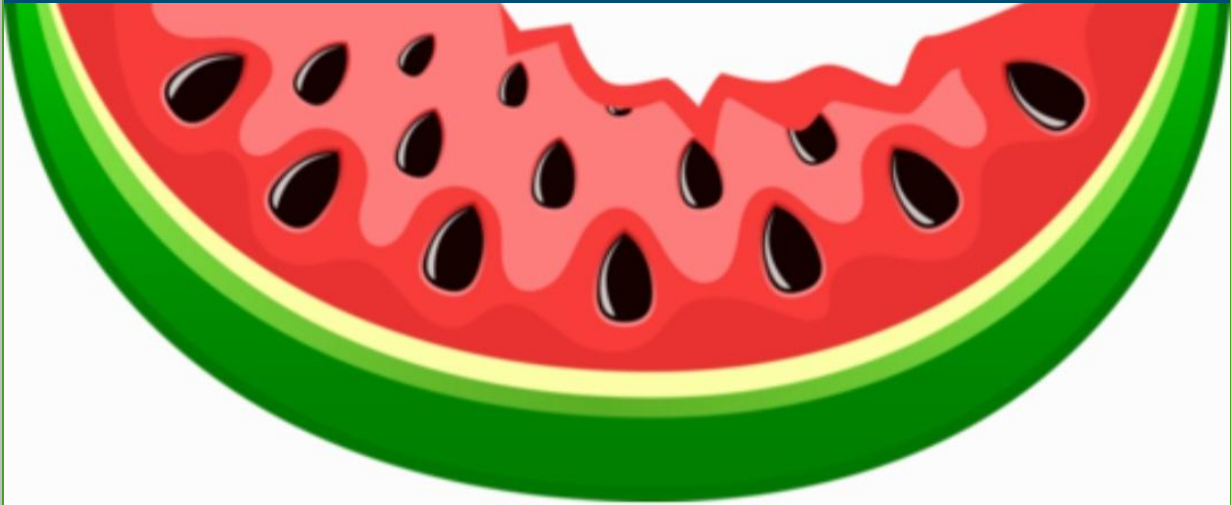


JULY 2023 NEWSLETTER



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

Hello Christy,

Our patients are **ONE IN A MELON!!**
Thank you for choosing us for your orthodontic needs!

We hope you are enjoying summer and all of the fun, refreshing things that summer has to offer!



In this newsletter we have, the June Patient of the Month, our July contest for patients and Colors of the Month, as well as a monthly topic: gum inflammation and 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**

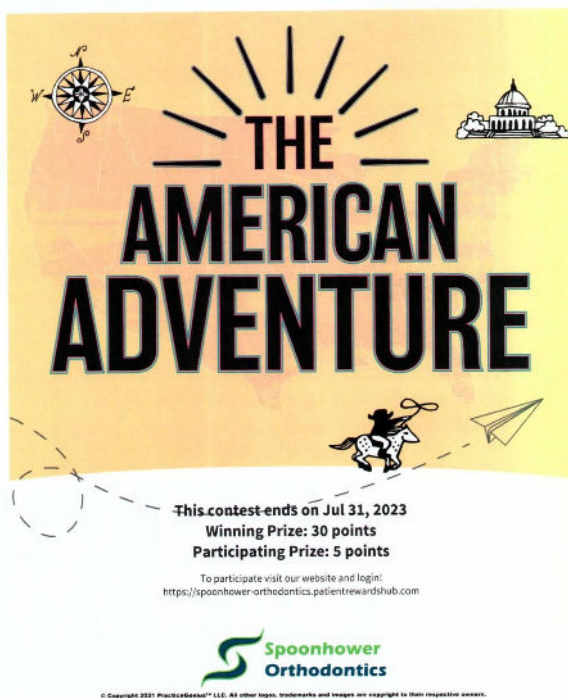
Congratulations to Sophie Wood, who is our Patient of the Month for June! Sophie received 50 extra rewards hub points as well as a certificate. Congrats, Sophie!

Things to know....

JULY CONTEST FOR PATIENTS:

This month's patient contest is called ***The American Adventure***. Log into the Patient Rewards Hub with your password to access the contest. Find out how much you know about USA cities when you travel coast to coast in this fun trivia contest. Quickest correct answers score the highest points! Participants are also encouraged to follow and like our Facebook page after completing the contest. 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.

GOOD LUCK!!



MONTHLY TOPIC: GUM INFLAMMATION & BRACES

Keeping your gums healthy is 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.

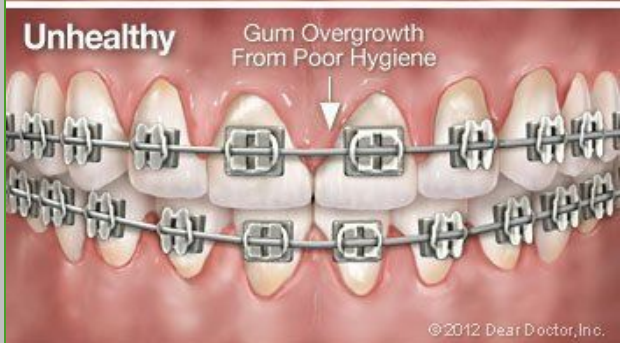
Improper care of gums can have unpleasant consequences: pain, inflammation, gums that bleed, and over time, gum recession and/or gum disease. When gums appear to "grow over your braces", it is usually a sign that you are not taking proper care of your gums.

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.

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.

COLORS OF THE MONTH

Each month we feature a different color combination you can get on your braces with the elastic ties! We even give the color combination a fun, cool name and have it on display so you can see what it will look like! This month's colors were designed by our assistants, Katie & Brit! Good job, ladies!

Here are this month's colors....

**WATERMELON
SORBET**
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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 to 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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Uniontown, OH 44685



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.



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