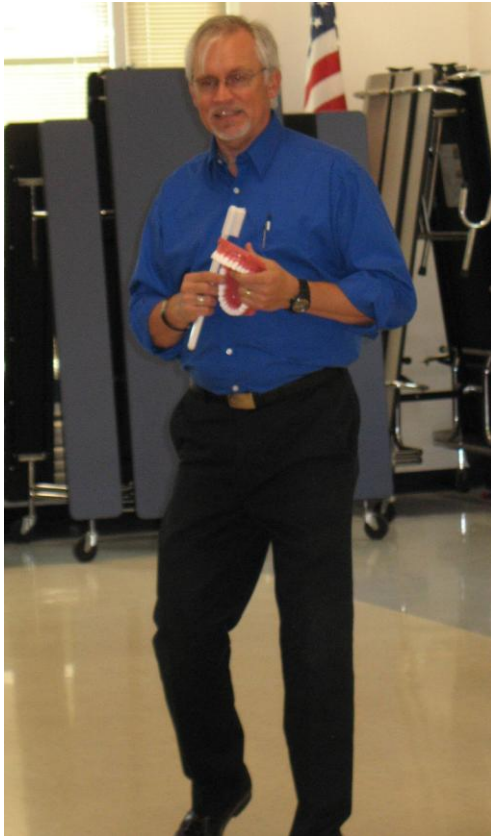




Dr. Sanford's Newsletter



February 2011



## February is National Dental Health Month!

Dr. Sanford has been visiting the Bridgewater Elementary and Middle schools this month, speaking with students about braces and the importance of good oral hygiene. He taught them his Roll, Wiggle, Whisk tooth brushing technique:

- \*Roll the brush over the tooth
- \*Wiggle the bristles between teeth
- \*Whisk the plaque off!

Dr. Sanford reminded everyone to brush only with a soft toothbrush, and to use the back and forth brushing motion on only the flat surface of the tops of the teeth - never along the gum line. Dr. Sanford recommends brushing 2-3 times per day, after meals. He also demonstrated the correct way to floss teeth, by wrapping dental floss around the side of the tooth, and gently sliding it down the tooth so as not to hurt the gum tissue.



Every patient receives one-on-one oral hygiene instruction.

## NEW GIFT CARDS AVAILABLE!

Stop in to get our new, plastic gift cards. Give one to your friend, and they get \$50 off of their full diagnostic records when they turn in the card. When they start their treatment, you get \$50 off of your account! It's a win-win!

**GROUPON special March 1<sup>st</sup> & 2<sup>nd</sup>: \$1000 off**

**Invisalign!** Sign up your email at [www.groupon.com](http://www.groupon.com), Central Jersey and receive the deal on 3/1 & 3/2

**THANK YOU TO EVERYONE WHO REFERRED FRIENDS THIS MONTH! We appreciate it very much!**