



## Electric Toothbrushes

*Are you using yours correctly?*

- What amount of toothpaste is appropriate (for any toothbrush)?
  - \* *Believe it or not, just the size equivalent of a small pea.*
- How much pressure should be applied with the toothbrush onto tooth surfaces?
  - \* *As soon as you feel the bristles against your tooth, that's as much pressure as you should apply - this allows the bristles full range of motion. Using greater force would actually be harmful.*
- For what duration of time should you brush?
  - \* *Until it turns off. Most electronic toothbrushes are equipped with a 2-minute timer.*
- Does an electronic toothbrush replace flossing?
  - \* *The most advanced toothbrush will not substitute for flossing.*
- How often should the brush head be replaced?
  - \* *Every three months. Though the bristles may not appear worn, the bristles stiffen over time. Prolonged use of a brush head with stiffened bristles would be harmful.*

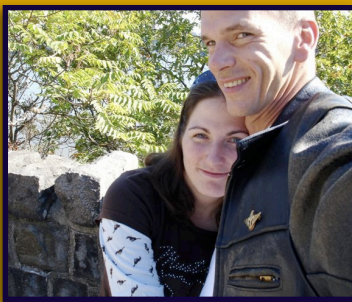


### Passing Our Savings On To YOU!

In Office:	Available Retail Cost:	
Sonicare Flex Care	\$89.00*	\$136.99 - \$159.99
Multi-pack Flex Care Refills	\$21.00*	\$34.00
Single Refills	\$9.00	\$12.00

\* After additional manufacturer's mail-in rebate offer.

## PATIENT CORNER



*"I can't thank your office, staff and medical professionals alike, enough for the treatment I received in November. Teresa, my new bride, convinced me to return to the dentist's chair after several years away. She insisted that if there was anybody who could turn my fear of dentists around, it would be your office. She was right.*

*Carrie, the hygienist, spent so much time and attention on my mouth -- and expressed so much concern for my state of mind -- that I didn't notice she was working on some pretty tough problems below the gumline. Jessica and Grace, up front, are professionals in every sense. From the initial call, working through what dentistry was to me -- and up to the point of scheduling an entire morning for a tough appointment -- they never left me with the impression that I was just a patient on the phone.*

*And Dr. Chung, thank you. Thanks for making my fears of dentistry fade away into nothing. I've been doing what you and your folks told me I needed to, and I no longer dread looking after my teeth. They're not a chore now, and the thought of a dental appointment doesn't scare the heck out of me anymore. You're a true beacon in your profession, and I salute you for your approach."*

*Thank you all, and Happy Holidays.  
Cory (and Teresa) Drake*

Cory Drake was deployed with the Navy to Africa in January 2009 for a 1-yr tour. All of our service personnel are in our thoughts & prayers.

Our office operates strictly on patient referrals and we would like to thank you for your continuing support. Please remember we are accepting new patients. We appreciate your confidence in our abilities to care for your dental needs as well as your friends and family. If you have someone special in mind that you feel deserves the same dedicated care and treatment that you have been provided, please have them contact our office.