

BEACON PLACE DENTAL GROUP GAZETTE

A MONTHLY EMAIL NEWSLETTER

FEBRUARY 2022

STAFF SPOTLIGHT: **MALLORY, R.D.H**

Mallory has been a hygienist at Beacon Place Dental Group for 11 Years. She enjoys seeing her patients progress to their healthiest smile through a blend of in office and at home care. She offers hygiene appointments Tuesday through Thursday for us. She is also a Zoom whitening specialist at our office. Mallory's expertise pairs perfectly with her warm and friendly demeanor creating a fantastic patient experience.

Mallory graduated from the University of New Haven with a bachelors in Dental Hygiene. She creates lasting relationships with the many patients that she has.



In her free time she enjoys spending time with her family and friends as well as travelling. Mallory's favorite vacation spot is Italy. Can you blame her?!



ARE YOU PROPERLY BRUSHING YOUR TEETH?

Brushing your teeth is a quintessential behavior, that can become a ritual signifying the start or end of your day. But, are you brushing correctly?

Your tooth brush should be angled at 45 degrees to your teeth. This allows for the gum line to be cleaned along with tooth surfaces.

Use short wide strokes to clean the inner, outer and chewing surfaces. To make sure that you are not brushing too hard, use your non dominant hand to hold the tooth brush.

Slow Down! We recommend brushing for a full two minutes. That is thirty seconds for each quadrant of your mouth.

Sticking with these tips will leave your mouth clean and healthy while preventing tooth sensitivity.



There are legitimate risks to brushing your teeth too hard. Applying too much pressure can slowly wear down your enamel. Once you suffer significant damage, your teeth will be at a higher risk for cavities and decay.

Brushing your teeth too hard can also cause your gum line to recede. Gum line recession can also contribute to sensitivity and a variety of health concerns.

HOW DOES CLEAR CORRECT WORK?

Removeable aligners allow you to eat, drink, and brush your teeth without any hinderances. They are also nearly undetectable to the human eye. Trays are temporarily removable for school photos or important presentations at work.

Clear correct can address crowding of teeth, gaps in your smile, underbites or crooked teeth.

The process of Clear Correct begins with one simple scan which can be done at our office complimentary.

The clear aligners work by delivering a slight pressure to move the teeth in the right direction. Osteoblasts work to restructure the bone known as remodeling. The periodontal membrane works to loosen the tooth and strengthen the bone once in the right position.



Your overall treatment will have multiple sets of clear aligners that are switched as you progress through treatment. Once you complete treatment a retainer is used at night to keep your teeth in the right position.

This process is quick and pain free. Any discomfort you have between aligners will subside shortly after you switch them.

If you have any interest in improving your smile, mention so at your next appointment.