

Walter Glass Dentistry

News that will make you smile!

JANUARY 2019

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Happy New Year!

The new year is the perfect time to design resolutions for establishing healthy habits. Wellness resolutions are always in season and the benefits of setting goals can be rewarding and motivating. We hope you find some valuable information in this newsletter to help you make your goals a reality this year!

Thank you for your loyalty to our practice!

**No Insurance?
No Problem!**

**Ask about Dr.
Glass' exclusive
Membership
program to save
you money on your
dental care!**

**Your referral of a
friend or family
member is the
greatest compliment
we could receive!
They will always
receive the same
high quality care you
have come to know
and trust!**

**As a thank you, for
every referral you
send to us we will
credit your account**

\$75.00

**We will also offer
your referral a \$75.00
welcome credit!**

6 New Year's Resolutions to Improve Dental Health

Avoid Gum Disease

Daily brushing and flossing will help prevent gum disease. Improving oral care routines is a very simple way to improve your overall health. For successful plaque removal brush at least twice per day. Position the bristles at a 45 degree angle toward the gumline. Floss at least once per day making sure you are going below the gumline.

Dental Cleaning

Get rid of unsightly plaque that builds up on your teeth over time. If it has been more than 6 months since your last dental cleaning, you're due!

Quit Tobacco

Stop tobacco use. Consider free online programs to help you.

Improve Appearance

Start the year off bright! There are several ways to improve the appearance of your smile, the easiest of which is whitening! Talk to Cindie about the lightening procedures we offer!

Restore Teeth

The new year is the perfect time to complete recommended dental work. Crown, fillings, and implants help preserve tooth structure and maintain proper oral health.

Preserve Teeth

Teeth grinding can be caused by stress, anxiety, sleep disorders, abnormal bite or teeth that are missing or out of alignment. Symptoms include dull headaches, jaw soreness, painful teeth or fractured tooth surfaces. If you are concerned about teeth grinding or if Dr. Glass has recommended a night guard for you, now is a great time to have one made!

**Happy
New Year!**

Your Voice Makes All the Difference!

We feel truly fortunate to have such a wonderful and loyal patient base. In this progressing world of technology we are learning the importance of on-line reviews. Today, people rely more heavily on what is being said online than any other resource when choosing a healthcare provider. Would you be willing to take a moment and write a review of our office on one (or all) of the following sites and help people searching for a new dentist find a home in our practice? We can be found under Walter Glass Dentistry on Facebook, and Yelp, Dr. Walter Glass is listed on Google + and Nextdoor. You can also write a review on our website www.walterglassdentistry.com.

As always, we value you and are happy you have chosen to receive your dental care from us!

Whitening: Things to Know About Getting a Brighter Smile

Brushing and flossing are everyday ways to keep your teeth bright, white and healthy. Still, you may notice your teeth are not as bright as they used to be. There are many reasons for this change. Coffee, tea, tobacco and red wine are major culprits for staining. Tooth darkening can also be caused by some medications. Some antibiotics and high blood pressure meds being the main offenders. As it turns out age itself can be one of the biggest factors. Below the hard white outer shell of your teeth (enamel) is a softer area called dentin. Over time, the outer

enamel layer gets thinner and more of the yellowish dentin shows through.

Teeth whitening is a simple and very affordable process. Whitening products contain one of two bleaches, Hydrogen Peroxide or Carbamide Peroxide. These bleaches break stains into smaller pieces, which makes the color less concentrated and your teeth brighter. These whitening products do not work on all teeth so it is important to talk to Cindie or Dr. Glass before deciding which product is best for you. Many people have dramatic results, but that is not always the

case. It is not possible to give everyone a movie star white smile with bleaching alone but it is absolutely possible to brighten your teeth by at least a couple of shades.

Some people that use whiteners may experience tooth sensitivity. This happens when the peroxide in the whitener gets through the enamel to the soft layer of dentin and irritates the nerve. In most cases this is just temporary and will resolve once you are no longer whitening.



Bright New Year Special

Bring this coupon in for **50% Off** a whitening kit of your choice!

Expires 04/30/2019

Have you been the big winner?

Did you know we do a patient appreciation give away every month? Next time you are in our office make sure to enter the drawing! We have given away various gift cards, gifts & memberships all valued at around \$100 each!

