

FAMILY DENTISTRY

Edward J. Lacy Jr, D.D.S.

NO BRUSH, NO PROBLEM

It happens all the time—maybe you forgot your toothbrush on an overnight away from home, or maybe you have a date right after work. Whatever the reason, you want to clean your teeth and you don't have your toothbrush. There are a few things you can do to temporarily freshen your teeth and gums. Rinsing your mouth thoroughly with water after eating is one of the best things you can do for your teeth, and a habit you should adopt anyway. Rinsing removes larger food particles and dilutes acids. You can also end a meal with crunchy vegetables such as carrots or cucumbers or crisp apples, all of which can scrape plaque off your teeth. Chewing sugar free gum can help to remove plaque and stimulate one's salivary flow thus diluting the acids produced by bacteria. You can also use your finger; although not very effective on back teeth it can remove some superficial plaque on the front teeth. Avoid sugary desserts, which will feed the bad bacteria in your mouth.

If you are travelling, purchase home care products as soon as you can. Many hotels/ airlines can help w/these sundries.



Dr. Edward J. Lacy, Jr.



Happy Easter!
The Lord is
Risen!



Dr. Ed, Mindy, Will, Molly & Melinda

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