

Dr Ian's NEWSLETTER

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Christmas Blow out.....

First and foremost we would like to wish everyone a very happy and healthy 2008.

Ok... Just one more piece of Chrissy cake! Just one more glass of bubbly, it always seems to be the case at christmas.....we go overboard about everything, our routines get out of wack and we basically just blow out for the silly season.

Just because it is the silly season there are a few things we should not ignore, teeth being one of them. With it being the time of year that all the naughty sweet things

come out for us to nibble on it is even more important to keep up your regular brushing, flossing etc but you will be forgiven if you were a bit slack

WELL>..... You've got no excuse now.....its all over red rover!! Its crash bang back to reality and normality and looking after ourselves. Repairing all that damage done by Aunt Mary's famous Christmas pudding or Uncle Henry's irresistible Skippy Trifle (Dr Ian assures me this is

a national Christmas delicacy)

Its not only back to work but resuming sensible diet and exercise and regular maintenance of our teeth and gums.

So, just in case you have forgotten.....

- * Brush morning and night.
- * Floss daily
- * If you must snack, choose healthy snacks like cheese, carrot sticks or nuts.
- * Keep up your regular check ups with Dr Ian.

Baby's erupting teeth



Babies can have quite a lot of pain and discomfort from erupting teeth and sometimes it is difficult to tell if it is their teeth they are distressed about. The first teeth generally start to erupt from 6 months of age but this can vary either way. Here are a few signs that they may be teething:

- * Grumpiness and crying on a regular basis.
- * Pulling the ear on the same side as the erupting tooth.
- * A slight temperature.

- * Dribbling and red cheeks
- * More frequent soiled nappies



To try and aid your baby's discomfort, wash your hands and gently rub your finger along their gums. A chilled teething ring or a wet wash cloth can give them some relief too.

DO NOT PUT A TEETHING RING IN THE FREEZER.

If your baby's fever becomes prolonged, you should take them to your GP.

Ask your dentist or pharmacist before using any pain reliever or gel that contains local anaesthetic. These preparations are typically not suitable for babies younger than three months.

NEVER give baby or child ASPRIN





WORD SEARCH!!!!!!!

D S N A C K I N G C
 T E K C L E A N H H
 E T C H G U M S B R
 E O N A W Y A A R I
 T N Z C Y W T V U S
 H G P K H B N M S T
 I U L T C A U E H M
 N E U P H O N R E A
 G O U G A R M B Y S
 M E N S I T V E F S

Try and find the words below in our word search, Just ask Katie for the special pen to use on the news letter.

- | | |
|-----------|-----------|
| DECAY | CHECK UP |
| MOUTHWASH | TEETHING |
| FLOSS | GUMS |
| SENSITIVE | CHRISTMAS |
| SUGAR | TONGUE |
| WINE | |



DENTURES



People are now keeping their teeth longer due to better oral hygiene and diet .if extractions are necessary opting for and implant rather than wearing a denture but there are still a lot of denture wearers out there.

Just because they can be removed doesn't mean you don't have to take care of your mouth o come to see DR Ian for a check up. This is far from the truth. It is still very important that people with dentures have regular check ups too as when Dr Ian does a check up he not only checks the teeth but also


the soft tissue all around i.e Tongue, gums, insides of cheeks checking for any changes in appearance as Oral cancers which are quite often easily treatable if detected early.

Dentures should be taken out when sleeping. This gives your soft tissue a break from the metal or acrylic that sits on them all day. It also prevents bacteria from food (that could be caught in the denture) just sitting in your mouth all night. Taking your dentures out at night also encourages you to clean them.

Cleaning them with regular tooth paste is absolutely fine.



DID YOU KNOW

.....The earliest form of toothpaste was made by the EGYPTIANS in 5000BC! 

.....Fear of dentist is called odontophobia. It is estimated that 9-15% of Australians are so frightened that they would rather put up with their pain rather than have it dealt with.

.....The enamel that covers your teeth is the hardest substance in your body. This being the case, doesn't mean you are now free to open bottles or crack hard nuts with them as they could chip and crack and teeth are parts of the body that can't repair themselves. That's why looking after them is so important

GOOD LUCK!

