

Update March 27, 2020

Dear Patients,

We're in the process of setting up tele-dentistry. This will be a fantastic way for us to talk face to face and be able to visualize any problems you may be having until we can safely reopen. We are still available by phone, Facebook messenger, and email.

A few tips to keep your teeth and gums healthy:

- Brush twice a day with a fluoride toothpaste.
- Floss daily.
- Add a fluoride rinse to your regimen. This helps prevent cavities and also helps with sensitivity.
- Avoid snacking on sugary snacks for example: candy, fruit snacks, and lollipops.
- Avoid drinks such as juice, soda, and sugary mixed drinks.
- Avoid sticky and hard snacks to avoid cracking or breaking your teeth, crowns, or fillings.

Your dental family at Mullica Hill Family Dental

