



WORD *of* MOUTH

A Dental Health Newsletter for the Patients of Dr. Jack Bottner

Your support for my dental practise (now in the 33rd year) is very highly appreciated!!! My commitment to you is to strive for high quality dentistry from both me and now my son, Dr. Daniel Bottner. Constant upgrading in dental continuing education, along with improvements to techniques, supplies and equipment, enable us to provide better and better dental care for you. Digital radiographs, Zirconia Crowns, improved Dental Implants, Oraquix (to numb the gums before deep cleaning), are just a few examples of what's newer. We hope to provide your dentistry for many years to come in this manner.

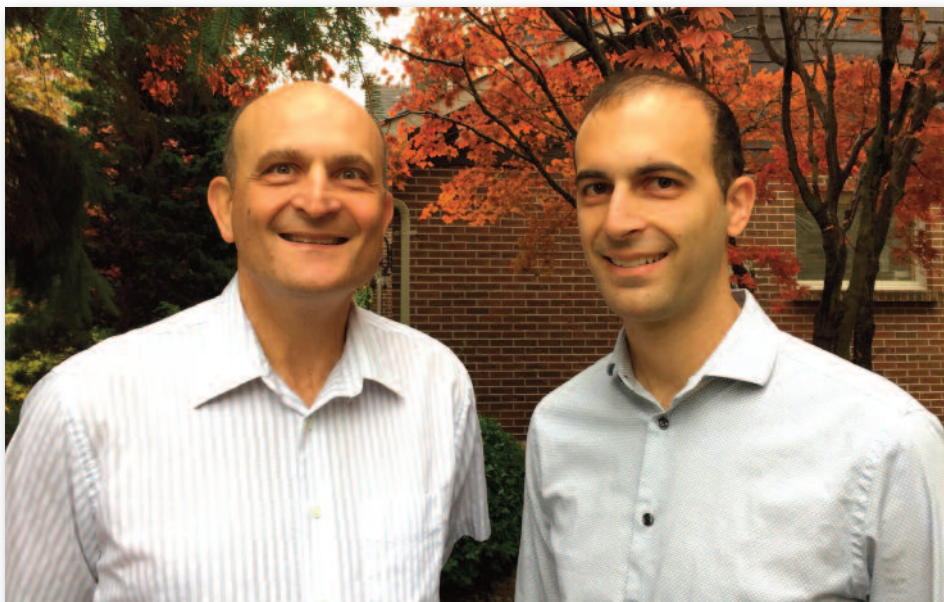
My family update includes the following on our three children (all adults now). Dr. Aaron Bottner, who worked at the office for 4 years, has recently become engaged. We are very excited for him and his fiancé! Aaron is in his second of three years in the University of Toronto (U of T) Orthodontics Specialty Program. Dr. Daniel Bottner, who also attended U of T, now works with me. He is very similar to me in many ways except much younger! Dr. Leah Bottner, another former U of T student, is at Sick Kids Hospital in Toronto completing a 1-year Dental Residency program. Her training is very challenging but she is filled with a sense of purpose, pride and honor as she cares for children usually in very unfortunate situations.

Please take a look at the informative article about interdental cleaning, on the reverse side of the page. Flossing remains an oral hygiene practice recommended by dentists and dental associations around the world.

Finally, we all know dental work is not inexpensive, as is true for many professional services in life. However, please discuss any concerns with me and we'll try hard to accommodate to your needs. An open relationship is always best.

Cheers to good health!

Jack



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Dr Jack Bottner

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New Patients Always Welcome and Appreciated

Interdental Cleaner

Cleaning between your teeth removes plaque from areas your toothbrush can't reach. Plaque build-up contributes to tooth decay and gum disease.

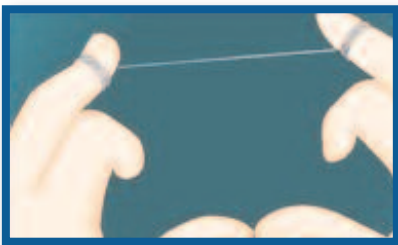
Dental floss helps remove food particles from between the teeth and under the gumline. It's recommended that you floss daily.

There are other products that can help you clean between your teeth: dental tape (like floss, but flatter and wider); dental picks; pre-threaded flossers; interdental brushes that reach between the teeth; water flosser; or wooden or plastic sticks.

Talk to your dentist about what types of interdental-care products will be most effective for your individual needs and the proper techniques for each.



TIPS FOR FLOSSING



Step 1: Take a length of floss equal to the distance from your hand to your shoulder.

Wrap it around your index and middle fingers, leaving about two inches between your hands.



Step 2: Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gumline. Wipe the tooth from base to tip two or three times.



Step 3: Be sure to floss both sides of every tooth. Don't forget the backs of your last molars. Go to a new section of the floss as it wears and picks up particles.

