

TOOTHtalk



Baldwin County Orthodontic Specialists
July 2009

Ask the Doc

How has the perception of Orthodontic Treatment changed in the last 20 years?


Orthodontics has changed since 1990 when I had braces and started working for my orthodontist. I didn't want them, nor did I know why I needed them. Now kids BEG for them. We all know that a beautiful smile provides self-esteem which is priceless - young or old. Orthodontics has become a "right" and not a privilege, and with that "right" attitude comes a little disrespect for the sacrifices parents must endure to provide that beautiful smile. I am trying to educate my adolescent patients of the investment and sacrifice we parents make for them. How they can protect the investment is first acknowledging it and living with gratitude. Second - BRUSH! Third, watching what they eat and not breaking brackets; and fourth, following instructions, including retainer wear. Just like anything in life..."you get out of it what you put into it." Our office values your time, money and confidence, and we strive for perfection, however we are only as good as our patients allow us to be.


Glenn Glass DMD MS

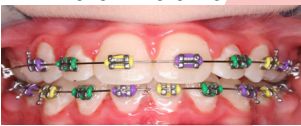



ORAL HYGIENE REPORT CARDS


Oral Hygiene Report Date _____
Score _____
Glenn H. Glass DMD, MS, PC

A  No plaque. Great Job!

B  Minimal plaque. Keep up the good work!

C  Generalized plaque, mild gingival inflammation. Spend more time brushing/flossing and use fluoride mouth rinse.

D  Heavy plaque, gingival inflammation and swelling.
Needs Improvement!
You are risking damage to your teeth. Brush, floss, use fluoride mouth rinse and eliminate all sugared drinks.

F  Heavy plaque, Severe gingival inflammation and swelling. Decalcification may be forming. Appliances will need to be removed if no major improvement. Serious risk to teeth and gums.
Make appointment for cleaning with your dentist.

Oral Hygiene Tips from Dr. Glass

- Brush at least two times per day with a soft toothbrush, each brushing session should last for two minutes, **TIME IT!**
- Make sure you are brushing between your brackets and the gum line; **BRUSH YOUR GUMS!**
- Floss at least 3-4 times per week, more if your gums are inflamed.
- Look closely at your teeth after brushing and flossing, **REBRUSH THE AREAS YOU MISSED!**
- Use a fluoride mouth rinse 1-2 times per day, **ESPECIALLY** at bedtime.
- **AVOID SOFT DRINKS** and other sugary drinks! They will cause white spots which are **FOREVER!** Read our Soda Smart brochure.
- You are responsible for keeping your teeth clean!
- We take pride in our work, please **take pride in yourself** and the smile we are creating together!
- Parents, please take oral hygiene seriously. Protect your children and the investment you are placing in your child's future by holding them accountable for getting high scores each visit!

comments:

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Our office works very hard to help educate our patients on the importance of proper oral hygiene. We have tried several different ways to motivate adolescents and reward them for their efforts, with marginal results at best. Some just don't "get it" or don't want to get it, but we haven't given up! Our next effort involves oral hygiene report cards that will be given at every appointment. Our goal is to hold both the patient and the parent responsible for achieving a healthy and beautiful smile. My personal goal has always been for a general dentist/hygienist to be able to recognize my patients solely based on how well a patient brushes. I want to do something special for patients that complete treatment with a A/B honor role status. Please help us with suggestions! Thank you for the confidence you have placed in our practice and all the help it takes to motivate the unmotivated!

fun from the office

Running Start shoe drive. Bring in a NEW pair of children's shoes and enter into a drawing to win **Iron Bowl tickets** this Fall.

Email congrats to be published in the newsletters/web site/facebook.

Visit our web site,
www.glassortho.com
& our facebook page!

Lots of cool stuff going on! We feel this is the best way to communicate office information in the event of a hurricane or other office emergencies/notifications.

Our Foley office is OPEN!
12342 Foley Beach Express

We were voted Best Orthodontic office along the Eastern Shore by Eastern Shore MOMS.
Easternshoremoms.blogspot.com
Thank You MOMS!

The Camellia

The Camellia Cafe would like to invite you to try Daphne's casual fine dining restaurant. We are located behind the post office on Hwy 64 in Old Towne Daphne. Camellia Cafe prides itself on offering the freshest quality fish and local vegetables. Chef Ryan Glass and Sous Chef Julio Acosta offer a wide variety of different styles of cuisine. The two chef's Napa Valley training taught them that fresh products, superb service in a great atmosphere provides a great dining experience. Now in Daphne, they prepare beautiful plates using the freshest vegetables bought daily from local farmers, Allegri market and Hazell's. The wine list is enthusiastic with a collection of approachable wines from all over with an emphasis on the chef's travels through Napa and surrounding areas. Come discover "Olde Towne's New Tradition" where Southern Alabama meets Southern France.
www.camelliacafe.com/621-9117

Running Start Shoes



I am pleased to announce a community service partnership with my patient and 2008 Miss Teen Alabama, Courtney Parker. Courtney got the idea for Running Start Shoes while working as a Big Sister. She took her little sister "back to school" shopping and was able to buy her a new pair of shoes to start kindergarten. This was the little girl's first pair of new shoes she had ever received, and the excitement and confidence she gained entering school propelled Courtney to want to do this for every underprivileged child in the country. Courtney has worked with Soles for Soles and has already provided 92 pairs of new shoes last year to kindergartners at 14 different Baldwin County schools. Please bring a new pair of children's school shoes to your next appointment. We will place your name into a raffle for a pair of Iron Bowl tickets! If you own a business and would like to become a drop off location, please email me. Thanks to everyone who makes the initiative a success.



Become a Fan of
Baldwin County Orthodontic Specialists

The new T-shirts are here!
Come and get em'!



The Glass Girls graced the cover of the May issue of Eastern Shore Parents.

family fun

