

Passion Family Dental North Lakes



Newsletter July Issue



Passion Family Dental
North Lakes

Let's Work Together

In this issue:

- Helpful Tips
- Children's Health
- Thank You!

BOOK ONLINE NOW!

passionfamilydental.com.au

Current Promotion

New Patient check-up & clean

Only \$178*

*Package includes exam, 2 x-rays, clean and fluoride.

**NEW PATIENT PROFESSIONAL
CHECK-UP + CLEAN**



ONLY
\$178*

Custom-made mouth guard

Only \$179*

*Extra costs for personalization and additional colours



**CUSTOM-MADE
MOUTH GUARD**
Only \$179*

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Tips for a Comfortable Dental Appointment



Going to the dentist should be a comfortable and relaxed experience. At Passion Family Dental we do all we can to make your appointments as pleasant as possible. We have compiled a few tips that may help you feel even more relaxed when you come in for an appointment:

- Have something to eat before you come in. Often patients think they need to fast before a dental appointment but we need you to do the opposite. Having something in your tummy will help you feel better during the appointment. Don't forget that sometimes it can be difficult to eat after your appointment if we have had to numb your teeth
- If you haven't had time to brush your teeth before coming in then don't stress. We are used to helping people clean their teeth and think nothing of it if we find a stray piece of food trapped between your teeth
- Never be embarrassed about how long it was since your last visit or the condition of your teeth. We are just happy you have come in and want to help in any way you can. We never judge our patients
- If you are nervous or in discomfort then please tell us, we want to help you in any way we can, we are on your side!
- Try to breathe through your nose as we are working. The dentist's instruments spray a lot of water in your mouth as he works, we try to remove as much as possible but we can't get it all. Breathing slowly and steadily through your nose will help you breathe easier and help you feel more relaxed
- If the sounds that dentists make when working gives you the chills, bring in some headphones and your favourite music to help you zone out

Healthy Habits For Kids



We all only want the best for our children, especially when it comes to their health.

There are many things parents can do to help teach their children the best ways to brush and look after their teeth, habits that will stay with them for a lifetime.

A regular brushing routine from a young age can make a world of a difference. Many parents with younger children find it a struggle to get their kids to brush—try downloading a brushing app, play their favourite song, make up a rewards chart—there are many things parents can do to make brushing fun. Try getting your little ones to sit down when they brush to help keep them still. Remember two minutes two times a day.

A good healthy diet with lots of fruit and vegetables will help strengthen and protect their teeth as well as their body, as does using a fluoride toothpaste.

~Thanks for the Reviews~

We want to take this opportunity to thank all our wonderful patients for the love and support you show us in so many ways. We are so grateful to everyone who has taken the time to do a Google or a Facebook review, those who recommend us on the community Facebook pages, and to those who personally recommend us to their friends and families. Your kind words and recommendations mean the absolute world to us. Thank you, thank you, thank you!



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