

News from Dr. Lenihan

Spring 2018

Toothbrush Care- Toothbrushes play a vital role in good oral hygiene. Care of the toothbrush is often overlooked. Most people do not follow the standards recommended by the American Dental Association. Recommendations for toothbrush care are as follows: 1. Do not share toothbrushes. Sharing toothbrushes can lead to the exchange of body fluids and microorganisms between users. 2. Thoroughly rinse toothbrush with tap water to remove remaining toothpaste and debris after use. Allow to air dry before the next use. 3. Do not cover toothbrushes or store in closed containers. A moist environment is more conducive to the growth of microorganisms. 4. Replace toothbrush every 3-4 months or more frequently if bristles become frayed. It is also recommended that the toothbrush be replaced after an illness. A clean mouth is a happy mouth and a happy mouth loves a clean toothbrush!

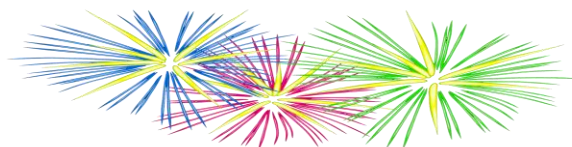
SINUS OR TOOTH PAIN?

As we enter this new spring season, it is common for allergies to flare. When your sinuses become inflamed, and do not drain properly, it is possible for the pain to impact you in more ways than one. There are sinus cavities right above the roots of your teeth and when they are inflamed, it can feel like a toothache. You can prevent sinus related tooth pain from occurring by preventing sinus pressure from happening. Often medication for sinuses have a potential to cause dry mouth. Teeth need saliva to help safeguard them from bacteria. A dry mouth can also lead to gingivitis, cavities, and bad breath. A great way to keep your mouth in check during the sinus season. 1) Stay hydrated! 2) Consult with your MD or pharmacist. 3) Keep brushing and flossing. 4) Manage your sinus symptoms. It's always a good idea to seek a professional opinion when it comes to sinus health. Please contact Dr. Lenihan if you are facing tooth pain. We can help determine the cause of your pain and provide the necessary treatments to overcome and resolve any dental related issues.

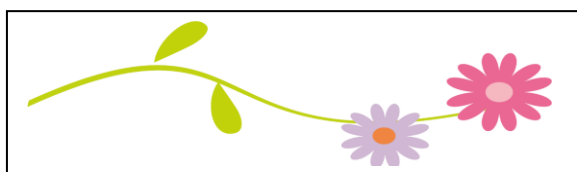
WELCOME MORGAN

Please join us in welcoming Morgan to our practice. Morgan is an RDA and will be working with Dr. Lenihan chairside. She is energetic and excited about working with all of you, our wonderful patients. Morgan enjoys playing at the park with her 19 month old son and spending time with her family.

OFFICE CLOSINGS and HOLIDAYS



In observance of Memorial Day our office will be closed on Monday, May 28th. We hope everyone enjoys a day of remembrance with their families. We will also be observing our nations birthday on Wednesday, July 4th! Get out and enjoy the fireworks and festivities! Thank you in advance for understanding and we look forward to taking care of your dental needs.



Congratulations to our drawing winners!



Nan Lynch started off her year a winner! She won the January drawing and was surprised at work with a beautiful flower arrangement! In recognition of National Dental Health Month, in February, Billy Jones won an Oral-B Genius toothbrush! Rosie Gonzalez had the luck of the Irish in March. She won a restaurant gift card! Congratulations to all our monthly drawing winners! Don't forget to put your name in the next time you are in the office!

Google Review Drawing Winner

We would like to thank everyone who left a Google Review in the month of March! We put the names in a hat and drew live on Facebook. AND THE WINNER OF OUR GOOGLE REVIEW DRAWING WAS.... Bethany Alcorn!! Bethany won the pot of gold at the end of the rainbow including a \$50.00 VISA gift card!



What's Cooking?

SPRING PASTA SALAD

INGREDIENTS

- ¾ cup ranch dressing
- 2 cups corkscrew pasta
- 1 cup steam-ready mixed vegetables cooked according to package directions
- ½ cup shredded cheddar cheese
- 1 red bell pepper diced

DIRECTIONS:

Cook pasta according to package instructions. In a large bowl, add the pasta, vegetables, cheese and pepper and toss with dressing. Chill covered for at least one hour.

What's happening in Oak Ridge?



We have listed a few of the events happening in Oak Ridge. Get out and enjoy our awesome community!

Lavender Festival: June 16th, 2018

8 a.m. to 3 p.m. Historic Jackson Square, Oak Ridge, Tennessee. The 20th Annual Lavender Festival celebrates health, herbs, and the environment. You'll find live music under the large festival tent, shopping with artisan vendors, everything from homemade jam to fine art, a lively children's tent, free cooking demonstrations and educational presentations throughout the day.

Secret City Festival: June 8th- 9th

The 17th annual Secret City Festival, is presented by Celebrate Oak Ridge. The festival will feature an interactive children's area, arts and crafts vendors, nationally known concert entertainment, and much more!

Flatwater Tales Storytelling Festival: June 3rd

Times: 2:00 - 5:00pm; 6:30 - 9:30pm

On Sunday, June 3 the Flatwater Tales Storytelling Festival presents the art and magic of live storytelling with two performances by world-class tellers with different stories at each session. Held at the Oak Ridge Playhouse in Historic Jackson Square, it is an Oak Ridge 75th Birthday event.

Leave a **Google** review after your appointment!
We love hearing from our patients!