
Benefits of Salt Water for the Oral Cavity

Salt is a mineral composed of Sodium Chloride (NaCl) that has been used for many years to help heal mouth ulcers and promote healthy gums. Many dentists recommend rinsing with a salt water solution after a tooth extraction or a more extensive teeth cleaning. Salt water is helpful in reducing bacteria and inflammation in the mouth. Making a salt water solution is easy to do and is a cost effective way to heal mouth troubles such as: mouth ulcers, post extraction pain, mouth injuries and also sore tongue and throat. It is as simple as adding ½ teaspoon of salt to a cup of warm water. Rinse a couple of times a day and let the healing begin!

Importance of Keeping Positive Airway Pressure Devices Clean

Many patients use positive airway pressure (PAP), continuous positive airway pressure (CPAP), and bi-level positive airway pressure (BPAP) devices to treat sleep apnea. These machines help patient's breath, help alleviate daytime sleepiness, and help with high blood pressure. A recent article in the Mayo clinic newsletter discussed the importance of keeping these devices clean. Cleaning the device regularly will help stop the spread of bacteria, ward off allergies, and help preserve the life of your equipment. Mold and bacteria may grow in the humidifier if not cleaned regularly. Dust and fungus can also get into the device and may cause allergies and prevent the unit from working properly. The Mayo clinic article mentioned that cleaning with soapy water is the best way to keep the unit clean. The outside of the unit can be cleaned with a basic dusting cloth. Following the instructions that came with your unit is always a good place to start.



Digital Scanner = New Technology!

We are excited to announce that we have added new technology to the practice!

The Planmeca Emerald S scanner will be used for most dental impressions and we are thrilled to begin implementing it into our practice. The new technology of the Emerald S scanner will reduce the amount of dental impressions for our patients and allow for a quick digital scan!

Have you heard about our Membership Program?

No insurance? No problem! Our **Elite Care Value Program** is designed for people without insurance benefit. Check our web page for more information about our Membership Program – or ask us when you are in the office!

Welcome, Amy!

Please join us as we welcome Amy to our practice! Amy will be assisting Dr. Lenihan in the clinic area. We are super excited to have her join our team!

Amy graduated from Carrington College in 2012 where she obtained her dental assisting certification, and shortly after her RDA License (Registered Dental Assistant). She has spent the past 10 years traveling and assisting in several states throughout the US. Amy feels so lucky to now call Tennessee home!

Amy enjoys hiking, and exploring nature with her family. She has a passion for helping people with their dental needs. Amy is so excited to meet the patients in Dr. Lenihan's office and be a part of our Elite team.



What's Cooking?

Chipotle Guacamole

- 2 ripe Hass avocados
 - 2 tsp lime juice
 - 2 tbsp cilantro (chopped)
 - 1/4 cup red onion (chopped)
 - 1/2 jalapeno, including seeds (finely chopped)
 - 1/4 tsp kosher salt
- Cut 2 avocados in half and remove the pit. Scoop out the flesh and place in a large bowl.
 - Add lime juice and salt and mash until smooth.
 - Stir in red onion, jalapeno, and cilantro. Mix well.
 - Serve with tortilla chips and enjoy!



Submit your recipes!

We enjoy submitting our recipes for our newsletter, but we would **love** to see your favorites! We are currently looking for summer and fall recipes! If you would like your recipe to be featured in our next newsletter, submit it to us via email at info@elitedentalcaretn.com for consideration! We will pick one of your recipes to share! Pictures are great!

Office Closings

Our office will be closed on Friday, May 14th while we attend a continuing education seminar. In observance of Memorial day (Monday, May 31st) and Independence Day (Monday, July 5th) our office we be closed.

We appreciate your understanding while we are out of the office during these times!