

Lakewood Ranch Dental

“Committed to Excellence in Dentistry”

Bad Brushing habits to avoid

You’ve heard from your dentist you should be brushing at least twice a day and flossing. Flossing is just as important as brushing. We would like to help go over some bad brushing habits to avoid.

1. Not brushing long enough: Most people brush their teeth for less than a minute. The American Dental Association (ADA) standards are that people should brush for AT LEAST two minutes to eliminate the entire bacterial film in your mouth. Electronic toothbrushes have a timer, which makes it easier to track.
2. Brushing using side-to-side motion: A side-to-side is also known as a sawing motion. This can actually hurt the enamel of your teeth. Use a circular motion instead ☺
3. Sharing your toothbrush: Bacteria can be transferred from mouth to mouth leaving you more susceptible to illness even cavities.

4. Heavy brushing: Brushing your teeth with a heavy hand can irritate your gums or damage the enamel of your teeth. You should be gentle, but active while brushing. Did you know that right handed people tend to clean the right side of their teeth better and left hander’s tend to clean their left side better. Make sure you are brushing both sides equally and also brush your gum line where tarter and plaque tend to build up.

5. Using an old toothbrush: Many people continue to use their toothbrush long after its time to replace it. Toothbrushes should be replaced at least every 3-4 months. You should also get a new toothbrush if you have had the cold or flu.



A Reminder to Like us on Facebook

For those who haven't liked our Facebook page..... please do ☺ It's a fun way that allows people to stay connected. Make sure you like us and continue to follow as we have free giveaways! We also post important dental education material, dental facts, funny content, and much more. We love involving ourselves in community affairs and enjoy sharing the latest update about our office on Facebook.

We are easy to find just search:

Lakewood Ranch Dental



Red Velvet Cream Cheese Brownies

Preheat Oven: 350 degrees F. Butter 8x8 inch pan

Red Velvet:

1 stick unsalted butter (8 Tbsp) melted
 1 cup sugar
 1 teaspoon vanilla extract
 ¼ cup cocoa powder
 Pinch of salt
 1 tablespoon red food coloring
 1 teaspoon apple cider vinegar
 2 eggs
 ¾ cup all purpose flour

Cream Cheese

8 ounces cream cheese, softened
 ¼ cup sugar
 1 egg
 ½ teaspoon vanilla extract

INSTRUCTIONS:

Brownie layer: add melted butter to a large bowl and add sugar, vanilla, cocoa powder, salt, food coloring, and vinegar, mixing after each addition. Wisk eggs into the cocoa mix. Mix in the flour until lightly combined. Pour the batter into the prepared baking pan, saving 1/3 to ¼ cup of the batter for the cream cheese layer.

Cream Cheese Layer: Blend together cream cheese, sugar, egg, and vanilla in a medium mixing bowl. Spread the cream cheese on top of the brownie batter in the pan. Put the remaining cocoa batter over the cream cheese layer.

Using the tip of the knife, swirl through the cream cheese layer to create a swirl pattern. **Bake for 30mins.**



www.LakewoodRanchDental.com

CALL US TODAY: **941-907-8300**

• Message from the Doctor



Michael S. Kanter, D.M.D.

I would like to take this opportunity to remind all of you that February is National Children's Dental Health Month. It is so important that we teach and educate our children at a young age to take care of their teeth. Too often we see children with poor oral hygiene and rampant tooth decay. It is sad to know this could have been prevented with routine dental care. We owe it to them to teach and instill proper home care routines and bring them to visit their dentist twice a year for regular dental checkups. Developing this habit at a young age will save them a lifetime of heartache or toothache as the case may be. People do not realize that by the time a tooth hurts it is a much more involved, expensive and larger problem than if we could have caught it early.

If you have not met Dr. Mary Egan, our dentist on staff that limits her practice to pediatric dentistry, now is the time. She is wonderful and the kids just love her!!!

Happy Valentine's Day

Lakewood Ranch Dental

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