

# ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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 zerocavity2010

 Zero cavity



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# **5 BEDTIME TIPS** **TO MAINTAIN GOOD ORAL HYGIENE**



**Always brush before sleeping**



**Do not skip flossing**



**Cut down on sugary foods at night**



**Have only water after brushing**



**Use night guard if you notice grinding or clenching of teeth**



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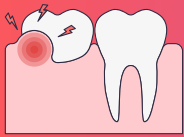
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## **5 SIGNS YOUR GUMS NEED ATTENTION**



**Bleeding Gums**



**Swollen Gums**



**Loose Teeth**



**Bad Breath**



**Gums away from  
Teeth**



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# **SIGNS YOU NEED A ROOT CANAL TREATMENT**



**Persistent tooth pain**



**Prolonged sensitivity**



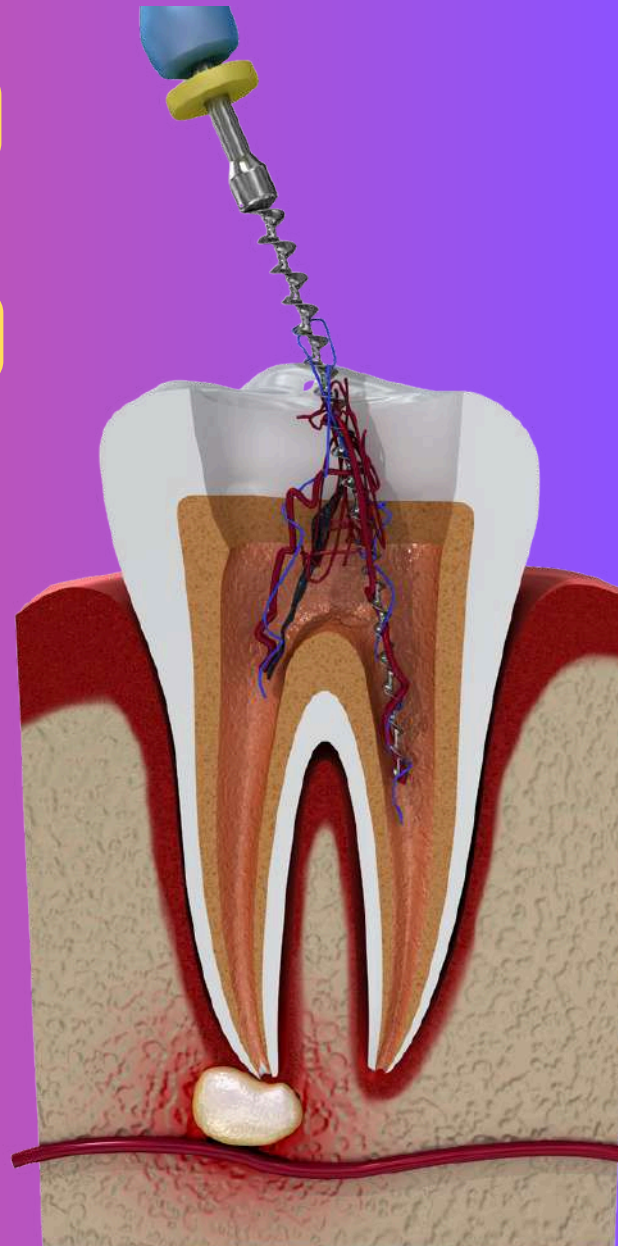
**Dental abscess**



**Swelling in gums**



**Discoloured tooth**



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# 5 reasons you need a CROWN

**REPAIR** a broken or decayed tooth



**PROTECT** a weak tooth



**REPLACE** a missing tooth



**BEAUTIFY** an unattractive tooth



**CORRECT** a misshapen tooth



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# RESTORING A BEAUTIFUL SMILE AND BOOSTING CONFIDENCE.

Patient visited us after a road accident injury wherein he fractured his front teeth..

Treatment: Root canal treatment followed by aesthetic crowns

BEFORE



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AFTER



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*They say it..  
We love it..*

Zero Cavity has provided very very good treatment. I had met with an accident in which my front teeth were broken. They have provided me a thorough and fruitful treatment and made my look the same as before. Dr. Snehal has been marvelous during the treatment. Her teammates have also been very courteous during whole of the treatment. Dr. Dhruti has also provided her expertise whenever required. From doctors to the kind lady at the reception table, whole Zero Cavity team has been marvelous during my treatment.

MR. KAUSHAL DAVE