

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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Zero cavity



zero cavity
The complete **DENTAL** Care Center

Oral Hygiene: A starters guide

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What you need to know about TOOTHPASTES

*Social media platforms and advertisements have been bombarding us with innnumerable choices when it comes to selecting a toothpaste.
It is time to change the script...*

What you need to check FLOURIDE

Toothpastes should contain 1000 ppm flouride

Why FLOURIDE ??

It acts as a protective shield, by reducing acid attack and thus prevents cavity formation.

QUANTITY OVER QUALITY

Overloading your toothbrush with toothpaste doesnt mean a better clean. A pea-sized amount is all you need.

Toothpastes for specific needs like sensitivity, whitening etc should be used only after your dentist's recommendation.





How to select a TOOTHBRUSH

SOFT BRISTLES

soft on teeth and gums



SMALL HEAD

to reach all areas of the mouth



ELECTRIC TOOTHBRUSH CAN BE A GOOD OPTION

Easy, simple, monitored



FLOSS IS THE BOSS

Brushing your teeth is incomplete without flossing, The areas between two teeth makes up about 40% of your tooth surface, so floss your way through it...



WATERFLOSSER

Cannot replace the conventional floss, but can be a good addition to your oral hygiene especially if you have dental restorations and prosthesis.



Using the conventional thread floss can be tedious but once you get the hang of it, it is easy breezy, check out our youtube channel @zerocavity2010 to know how to floss.



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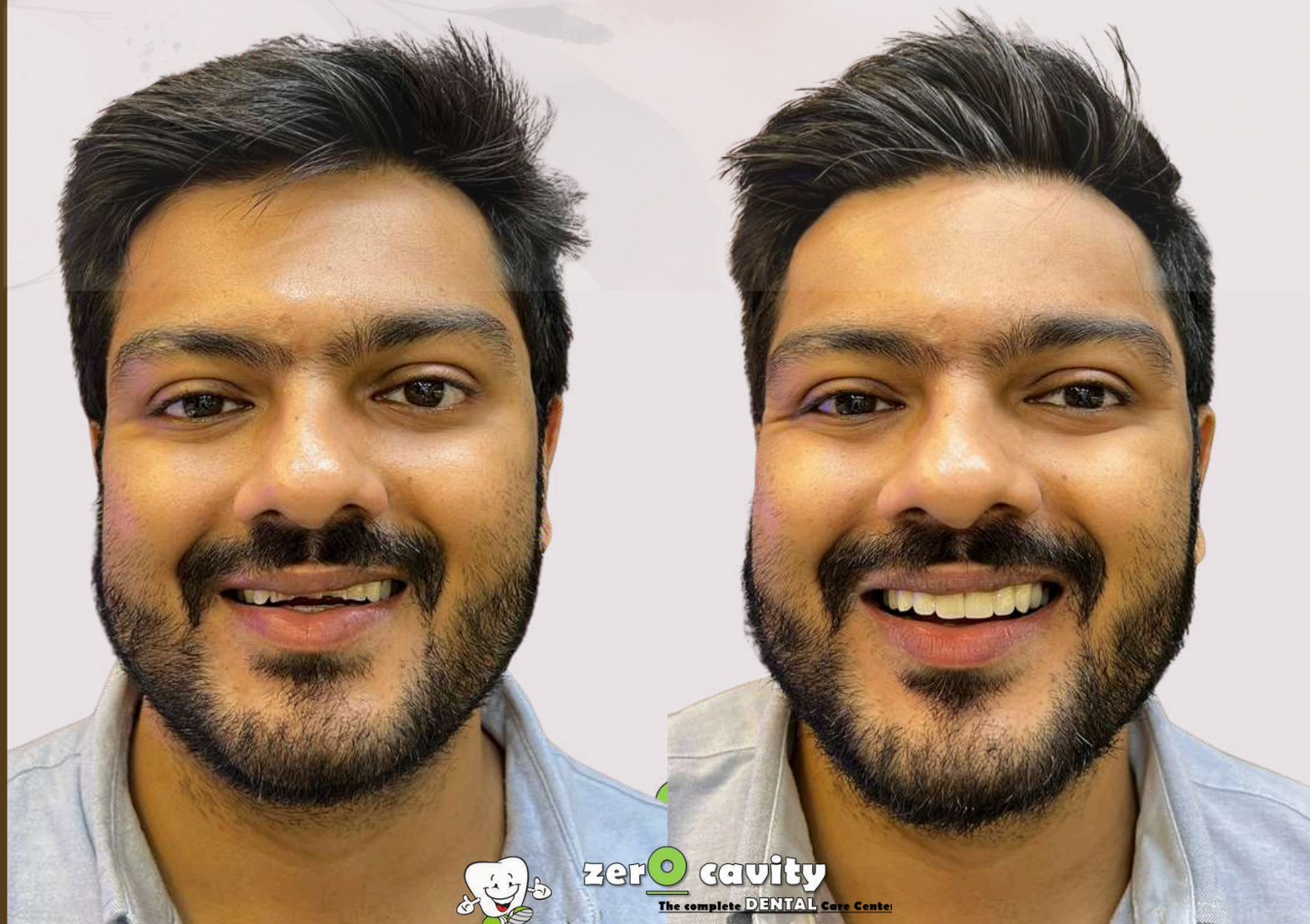
Confident Smiles

Patient complaint: Severe tooth surface loss in upper front teeth, conscious while smiling due to unaesthetic appearance.

Patient history: Severe acidity, teeth grinding.

Diagnosis: Tooth surface loss due to acid erosion.

Dental Treatment: Smile Designing. Zirconia crowns on upper anterior teeth followed by night guard.



Before



After



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

Having known Dr Dhruti for so long I can confidently seek an appointment couple of times every year, and recommend her to anyone and everyone looking for any type of dental treatment, be it a simple cleaning , whitening or even complex procedures like Root canal or even an implant, I got an implant done recently and the procedure despite being a long one, Dr Dhruti and Dr Snehal ensured my implant had perfect positioning and fitting as well as regular checkups that helped in having a strong jawbone structure in place of an infected tooth and consistent color too, would highly recommend ZeroCavity!

- Cheers

Mr. Niraj Koradia

Tip of the day- COLD WATER FACE DIP

Splashing your face with cold water for 30 seconds can boost alertness and lower stress instantly- a mini reset button for your day.