



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

SEPTEMBER 2014

ASHLY COTHERN DDS

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The Cothern Crew enjoying their summer at the 4th of July Parade!



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to see updated office information

10 Years
Celebration

Congratulations to our monthly winners during our 10th year celebration! We look forward to an amazing 11th year with our patient family!



Congratulations
Cassidy & Jacob Bender
for getting married in Lake Tahoe on August 14th.
(daughter of our hygienist, Kimberly)



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Dear Friends,

Well, the kids are back in school, it's time for a routine again. Maybe, its time for you to focus on you and your health. Are you on schedule with your professional cleanings? Do you have pending treatment that may be causing bad breath or other health problems? Give us a call. We are here to care for you!

Did you know that having straight teeth is no longer a vanity issue but a health issue? Ask to see if you are a candidate for Invisalign Braces. Straightening your teeth can make a significant difference to having a healthy mouth and keeping your teeth for life. Have a fantastic Fall. We look forward to seeing you soon! ~ Dr. Cothorn

Appointment Confirmations

Many of our patients utilize our appointment reminder system that allows you to receive appointment reminders via email and text message. When you confirm that you are attending your reserved appointment time, this allows us to run as efficiently as possible. Dr. Cothorn and our entire team prepares for your unique appointment to provide the best experience possible. Our goal is to get you in and out of your appointment on time and spend the time allotted on what is most important, YOU!

Appointment time can be confirmed in three ways. Please let us know what method is best for you:

- 1) E-MAIL** | To confirm via e-mail simply click the orange button embedded in your email message. A second page will appear asking you to click another button in order to send us the confirmation. You will still receive a friendly reminder message the day before your scheduled appointment.
- 2) TEXT MESSAGE** | To confirm via text message you simply reply 'YES' to the message received.
- 3) PHONE CALL** | To confirm via phone call: Our office will contact the number placed as your preference 2 days prior to your appointment. If a message is left, please call us back as soon as possible to verbally confirm.

Please note that appointment times cannot be guaranteed if we do not receive confirmation by the business day prior to your scheduled visit.

Flossing...there is not a replacement...why it is beneficial

Flossing is an essential part of any oral health care routine. The American Dental Association recommends flossing at least once a day to achieve optimal oral health. By flossing daily, you help remove plaque from the areas between your teeth where the toothbrush can't reach. This is important because plaque that is not removed by brushing and flossing can eventually harden into calculus or tartar. Flossing also helps prevent gum disease and cavities. The most important thing about flossing is to do it. Pick a time of day when you can devote an extra couple of minutes to your oral hygiene. People who are too tired at the end of the day may benefit from flossing first thing in the morning or flossing after lunch.

And don't forget, children need to floss too! You should be flossing your child's teeth as soon as he or she has two teeth that touch. Because flossing demands more manual dexterity than very young children have, children are not usually able to floss well by themselves until they are age 10 or 11.

Keep in mind that flossing should not be painful. You may feel discomfort when you first start flossing, but don't give up. With daily brushing and flossing, that discomfort should ease within a week or two. If your pain persists, talk to your dentist.

If you find flossing difficult, consider a different flossing method. People who have difficulty handling dental floss may prefer to use another kind of interdental cleaner such as a wooden plaque remover, dental pick or pre-threaded flosser. Ask us how to use them properly to avoid injuring your gums. It could be that you simply need to try another type of dental floss - waxed, unwaxed, thick or comfort floss. Stick with it and you'll have adopted a healthy hobby for life.

<http://www.mouthhealthy.org/en/az-topics/f/flossing>



The Clear Alternative to Braces



Invisalign® takes a modern approach to straightening teeth, using a custom-made series of aligners created for you and only you. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist or orthodontist plans out for you. There are no metal brackets to attach and no wires to tighten. You just pop in a new set of aligners approximately every two weeks, until your treatment is complete. You'll achieve a great smile with little interference in your daily life. The best part about the whole process is that most people won't even know you're straightening your teeth.



“ I did lots of research on many doctors but Dr. Cothorn really stood out. Her reviews were phenomenal. They're so straight and white! I really enjoy looking at them now. I recommend Invisalign to anyone. It's definitely worth the money. I will always suggest Dr. Cothorn and her team to anyone. I cant rave about them enough. They're great! ~ Samantha ”



The Daily Floss Tips from your Hygienist

Acid erosion and tooth wear have become common problems among patients these days. Acid erosion and tooth wear are contributed to an acidic diet, including fruits, juices, soda, tea, coffee and even sports drinks. As you are exposed to these acids throughout the day, you are increasing your chances of enamel erosion. This a significant threat to your mouth. As the enamel is eroded away you can increase the possibility of sensitivity and decay. While initial enamel softening is reversible, enamel loss is not. Try to reduce these acid culprits in your diet. Keep in mind short exposure time to these acid drinks and foods are better than constant bathing of your teeth all day long. Try to rinse with water after having something acidic. Lastly, wait 30 minutes to brush your teeth after having something acidic. If you feel you are suffering from acidic erosion and/or wear please bring it to our attention. Sensodyne Pronamel is an excellent toothpaste to use to help protect your teeth from acidic erosion and wear.

~ Kimberly, RDH