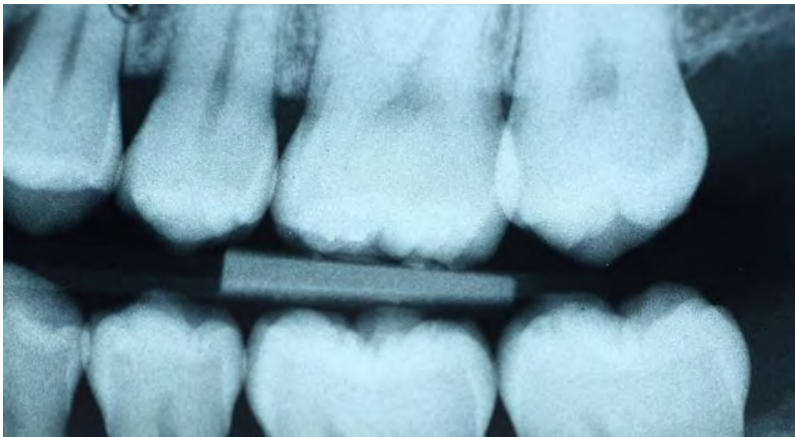


# Newsletter

## *Housego*

*Due to unforeseen circumstances Dr. Housego will be unable to visit us in Emerald until further notice.*



### X-RAYS

Tooth decay can be sneaky – it doesn't tend to show physical signs of its presence early on. X-rays are an important diagnostic tool that allows your dentist to confirm if you have tooth decay, or if you have any problems such as infection, or bone loss. Spotting it early means your dentist can deal with the problem before it becomes significant.

Regardless of whether you're a child or an adult, you can have X-rays safely taken of the inside and outside of your mouth. The amount of radiation involved is extremely low, and is equivalent to the sort of exposure you'd receive on a 1-2 hour flight.

Oh, and that thing about your dentist leaving the room while the X-rays are taken? Nothing to worry about there – they're taking lots of X-rays all day long and stepping out of the room limits their ongoing exposure.

### Flossing

If you're relying solely on brushing to keep your teeth clean, you're missing nearly half the surface area of your teeth which, not surprisingly, lies between them. For that reason alone, flossing should be an essential part of your oral care routine.

Your dentist is the most qualified person to instruct you on flossing correctly but there are some basic tips you can follow:

**Tip 1.** Wind approximately 45 cm of floss around your middle fingers and grip it tightly between your thumbs and index fingers.

**Tip 2.** Keeping the thumb and forefingers close together, gently guide the floss between the teeth, taking care not to cut or damage your gums with abrupt movement. You should use a side-to-side motion to ensure the sides of both teeth are cleaned equally.

**Tip 3.** To clean the "neck" of the tooth, which is the point where it meets the gums, curl the floss and insert it gently under the gum.



Emerald Dental Group  
4 | 112 Egerton Street  
P: 07 4982 3880

Blackwater Dental Group  
9 Arnold Street  
P: 07 4986 1880

[www.emeraldentalgroup.com.au](http://www.emeraldentalgroup.com.au)  
Facebook | Instagram