



SMILE WITH CONFIDENCE

DR. TIM SELLNER • DR. DOUG JONES

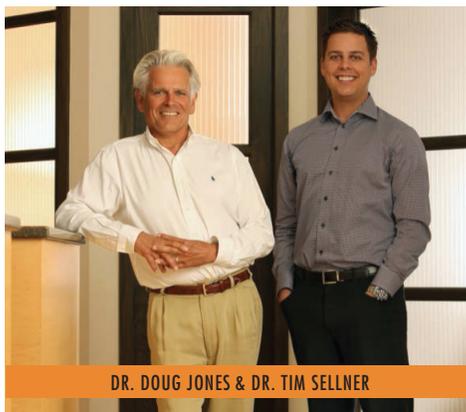
A Quick & Painless Solution to Cold Sores



Cold sores or fever blisters are the result of a viral outbreak around the mouth and can often last 2-3 weeks and reoccur periodically.

TechTown Dentistry now offers a quick and painless method of treating cold sores with laser therapy. By treating the cold sore at an early stage, the healing time is significantly reduced and the discomfort of the outbreak is much less.

Ask us if cold sore laser therapy is right for you.



DR. DOUG JONES & DR. TIM SELLNER

Your world needs your
smile.

The Importance of a Well-Fitting Denture



Over time your mouth changes, but your removable denture stays the same as when you originally received it. The bone in your mouth may shrink, or you may have had other dental work affecting the fit of your denture. Regular dental visits and proper care of your denture is important for your oral health.

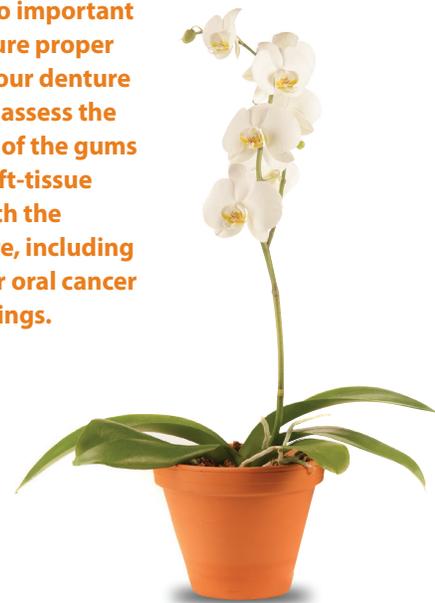
If you have experienced bone loss in your mouth it can also result in your denture fitting loosely. A loose denture can affect how you eat, how you speak and your overall confidence. A denture that is loose-fitting may also cause sore spots in your mouth, which should not be ignored.

If you don't feel confident in how your denture is fitting, it is important to have this addressed. Often a denture can be adjusted or relined, or depending

on the changes in your mouth, a new denture may be recommended. In many cases, a removable denture can be placed over implants for added support and retention.

Remember, taking out your denture at night is also important in keeping the soft tissues beneath your denture healthy. Bacteria thrive in areas that are warm and moist; therefore infections can be the result of "over-wearing" your denture.

Regular dental visits are also important to ensure proper fit of your denture and to assess the health of the gums and soft-tissue beneath the denture, including regular oral cancer screenings.



Visit our new website & sign-up to receive your newsletter on-line – www.techtowndentistry.com

TECHTOWN DENTISTRY CORE VALUES

KINDNESS • EXTRA MILE SERVICE • INTEGRITY • QUALITY

Accepting New Patients

Call 519.746.7333

The TechTown Dentistry Dental Health Advantage

We listen to what you want and together we develop an innovative plan and path to achieve your dental health goals.

Your plan is simple, balanced and focused and it fits into your lifestyle. Discover your opportunities to grow and protect your dental health confidence.

Our Patients Smile with Confidence.

The TechTown Dentistry Patient Charter of Rights

We believe you have the *Right* to **know**. So we promise to tell you what we see. And you have the *Right* to **choose** – what you feel is best for you and when and how to fit your choice into your lifestyle.

Dental Emergencies

In the event of a Dental Emergency outside of business hours, call our office for instructions on contacting the Dentist on call.

519-746-7333

Insurance Plans Accepted

We electronically file your claims for faster processing. Ask us for more information.

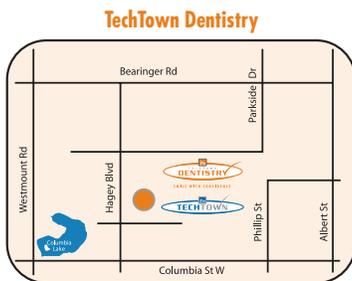
Hours

Monday to Thursday8am to 5pm
Friday8am to 2pm

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www.techtowndentistry.com

A Message from your Hygienist...

Three important tips for taking care of your complete or partial denture:

1. Give them a break. Take your dentures out before going to bed.



The tissue in your mouth can recover from wearing them during the day, however if taking your dentures out at night is not an option for you, then be sure to remove them for a few hours at another time of day. Soak your dentures in warm water or water and a denture cleaning tablet for up to 15 minutes every day. Soaking will help to remove stains, plaque, tartar and bacteria.

2. Clean them daily. Tartar, stain and plaque can still build up on dentures.

Just because these aren't your natural teeth, it doesn't mean they don't need regular cleaning. If your dentures are plagued with plaque, it can lead to problems with the tissue underneath, such as infection and irritation. Brush your dentures with a soft-bristled brush and a non-abrasive cleaner like Polident denture foam.

3. Look after your whole mouth and see your dentist regularly.

Whenever you take out your dentures, give your mouth a rinse and then massage your gums with a soft toothbrush. If you have partial dentures, you still need to properly brush and floss your permanent teeth every day while your denture is out. At your dental visits, your dentist will check the fit of your denture and examine your tissues for sore spots or signs of oral cancer, and your denture can be professionally cleaned by your hygienist.

Remember, healthy gums never bleed!

Team News:

Exciting news to share about the TechTown Dentistry Team

We're proud to be recognized as the Gold Winner in the Dentist category in the Waterloo Region Record's Readers' Select Awards.

Thank you for voting for us!



Welcome:

Welcome Leah who has joined the TechTown Dentistry team as our new Administrative Assistant.

Professional Development

An important part of our ongoing education

Hygienists, Caren and Alana, are part of a study group that discusses periodontal disease, treatments and risk factors.

Dr. Sellner and the team are looking forward to attending a seminar about practice development.

Congratulations:

Congratulations to Crystal and fiancé Justin on the birth of their daughter Ella.

Congratulations to Gina and husband Jeff on the birth of their daughter Mackenzie.

Congratulations to Lily Hemming who won an Oral-B SmartSeries 5000™ electric toothbrush!



Leah



Ella



Mackenzie

Accepting New Patients & Referrals We welcome referrals of your friends and family.

TECHTOWN DENTISTRY

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