

# TDMC TIMES

38/39 Maker Arcade, GD Somani Marg, Cuffe Parade 400005.  
Call us: 22165910/11/12



**DID YOU KNOW??**  
**Eating acidic foods damages the enamel layer and exposes the inner dentin layer leading to tooth sensitivity**

## TIPS FROM THERAPEUO DENTAL

### Oral hygiene measures for the holiday season

- ▶ Avoid food and beverages that stain teeth like aerated beverages, caffeinated products, food colouring, turmeric, red wine, soy sauce.
- ▶ If you must drink such beverages use a straw and don't swish them around in your mouth
- ▶ Ideally brush immediately after consuming such foods. if this is not possible at least rinse your mouth thoroughly with water.
- ▶ Eating raw fruits and vegetables can help remove surface stains.
- ▶ Avoid smoking. Tar and nicotine causes significant tooth discolouration besides being a major health hazard.

- ▶ For those photoshoots and awesome selfies choose off white clothing. bright white clothing near the face makes the teeth appear more yellow.
- ▶ For the ladies- Avoid certain lipsticks. bright red lipsticks tend to highlight the yellow stains in teeth. try a toned down colour like coral instead.

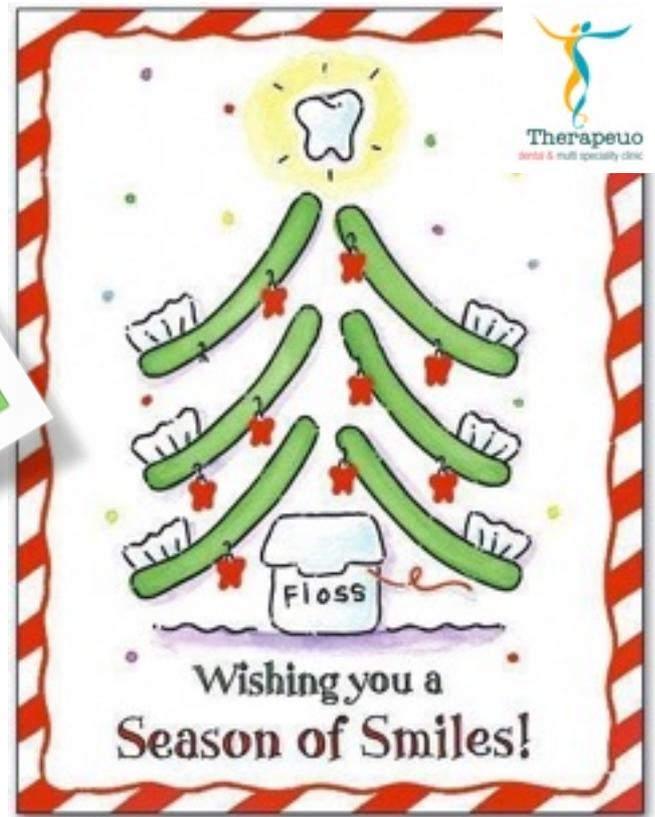


- ▶ Consider cosmetic laser teeth whitening. Over the counter products like tooth pastes gels etc do not have the desired effect and might even be detrimental to your teeth.
- ▶ For a lot more cool information on all your dental needs Follow us:



[@therapeuodental](https://www.instagram.com/therapeuodental)

*We wish all our readers a wonderful holiday season full of smiles laughter and happiness.*



**ThERAPEUO Transformation of the month**

We love it when we can help out our treasured senior citizens.

One of our youngest patients who walks into our practice at the tender age of 94!

Please welcome Mrs.Nirmala Mahtani who was referred to us by our very dear patient Mrs. Pushpa Mahtani.

Mrs. Nirmala already has an existing denture but its extremely loose and she cannot function well with it.

We decided to give her a new set of sparkling white teeth in the form of a comfortable flexible denture. She very sweetly got the entire staff biscuits and made sure that everyone got their own packet.

Thank you so much for giving us the opportunity to help you Mrs. Mahtani. Looking forward to seeing you soon!



**QUESTIONS PLEASE!**

How frequently should i get a clean up ? - *Sumit Shah*

An excellent question! A dental clean up also known as a scaling should be done to remove dental plaque, tartar and stains thus improving overall dental health. It is recommended to get one every 6 months however this is may vary depending on your tooth position, oral hygiene measures and other dietary habits.



**Message us your queries:**

 @therapeuodental or  9833142225 and we're gonna reply for sure

**THERAPEUO TRIVIA**

Which molar is known as the wisdom tooth?

- a) First b) Second c) Third

Send us your answers on any of the modes of communication mentioned and get an amazing gift from us.

**Last issues answer!!**

What is the best age for children to get braces?

- a) 6-10yrs b) 10-14yrs c) 14- 18 yrs

Answer: 10-14 yrs



Send us you feedback, thoughts, opinions heck just say hello to us and we'd respond right away!!

Call us :[22165910/11/12](tel:221659101112) Whatsapp: [9833142225](tel:9833142225)

For some more amazing information like and follow us on:

Instagram: @therapeuodental

Facebook: Therapeuo Dental and Multispecilaity clinic

Website: [www.therapeuoclinic.com](http://www.therapeuoclinic.com)