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We make kids smile!



July 2017

# Gator News



## Announcing the July Patient Contest

Alligator Dental doctors  
and staff are making a  
BIG



With their awesome  
decorated tubes at  
Alligator Dental this  
month!



## VOTE for your favorite TUBE

and enter to win a  
Gator Summer Fun  
Gift Pack

(Filled with a giant  
inflatable gator and other  
cool summer gear!)

## Awesome Advice

FROM DR. HOLE ~

### Down to the Wire:

Keeping Teeth Clean while in braces



Dr. Jennifer Hole



Flossing is an important part of maintaining good oral health because it removes plaque and food debris that cannot be dislodged by brushing. Add braces to the equation and you've got loads of surface area for your favorite subway sandwich to get stuck on! Wearing braces provides more opportunities for food to hide out and wreck havoc on teeth and gums.

### Top 3 reasons to floss extra well while wearing braces:

- Prevent tooth decay: Braces affect where the toothbrush can reach, so bacteria and food can actually lodge itself into areas in the mouth it couldn't without braces. Flossing regularly can help remove bacteria and food.
- Prevent damage to your braces: Braces aren't cheap! Excess bacteria and sugar can lead to braces degradation, specifically the adhesive that bonds the braces to the teeth. Flossing can help eliminate bacteria and sugar.
- Prevent gum disease: This is one of the most important reasons to floss! Braces can encourage the onset of gum disease if proper brushing and flossing isn't done.

Flossing with braces takes a bit longer, and it's important to work the floss through each bracket, gently massaging the gums in between the teeth to remove food debris and plaque.

Here at Alligator Dental we recommend flossing once to twice a day if you have braces!



# Gators in Action:

We love playing dress-up at work! Hawaii Day at Seguin & PJ Day at San Marcos were a blast!



## Dress Up Days!

We love when our patients play dress-up too!



**Meet Mikayla Ibarra**  
Dental Assistant at Alligator Dental in Seguin!

**Family Info:**

2 strapping young boys. A Sea Turtle.

**Favorite Place to Eat:**

Grand Buffet and Los Cucos

**Favorite Store to Shop At:**

Outlets in San Marcos

**Favorite Kids Movie:**

The Lion King

**Favorite Place to Visit:**

Phoenix Arizona

**Something Unique about me:**

I love to dance and act!

# Recipe: Chocolate Fudge Pie

-Compliments of Genesis from Alligator Dental in Seguin

**Ingredients:**

- 1 Pillsbury refrigerated pie crust, softened
- 6 oz. unsweetened baking chocolate, chopped
- 1 can (14 oz.) fat-free sweetened condensed milk (not evaporated)
- 1 container (8 oz.) Cool Whip fat-free frozen whipped topping, thawed; divided
- Fresh raspberries, if desired



**Directions:**

- Preheat oven to 425 degrees
- 1. Place pie crust in a 9-inch pie plate as directed on box for one-crust filled pie. Line pie crust with foil; fill with pie weights or dried beans.
- 2. Bake 8 minutes. Remove weights and foil; bake 5-7 minutes longer or until golden brown. Cool completely on cooling rack, about 15 minutes.
- 3. Meanwhile, in large microwavable bowl, microwave chocolate uncovered on High 1 to 1 1/2 minutes, stirring every 30 seconds, until melted and smooth. Stir in condensed milk with whisk until smooth; let stand 2 minutes. Fold half of the whipped topping into chocolate mixture until blended; pour mixture into crust.
- 4. Cover and refrigerate 4-8 hours. Spread remaining whipped topping over pie; garnish with raspberries.



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