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ALLIGATOR
DENTAL



We make kids smile!

Gator News

October 2019

ALLIGATOR
DENTAL
Monthly Contest

Check out the
**Amazing
Pumpkins**
At Alligator Dental!



Vote for your favorite
pumpkin and
enter to win!
**Family Game
Night Pack!**

Awesome Advice

From Dr. Shah ~



Braces 101: Keeping Teeth Healthy

This is a topic very close to me. When I was 14, I finally got my braces off! Unfortunately, due to my lack of oral hygiene and diet, I had developed generalized decay in between my teeth that led to having a lot of fillings, crowns, root canals and eventual extractions. Don't make the same mistake I did!

Here are some tips for great tooth care while in braces:

- **Rinsing & Brushing** - 3-4 times a day rinse your mouth with water to loosen food that might be caught in the braces, then brush thoroughly. You can expect to brush more often with braces as food easily becomes lodged in and behind them, creating potential pockets of decay.
- **Flossing** - With braces flossing can be difficult but it is essential to do at least once a day. Floss picks for braces or a WaterPik can make the task less challenging. You can even watch a YouTube video to make sure you are doing it right.
- **Regular Cleanings** - See your dentist every 6 months, especially when you have braces. They can clean in and around your braces. They will also point out trouble spots and offer tips help you have your best chance at keeping decay away while those braces are on your teeth.
- **Dental Hygiene Away from Home** - Take a travel toothbrush and toothpaste to school for an after lunch brush up. Ensure you remember good dental care while traveling or when you are out of your standard routine.

Quality cleaning and good diet can make all the difference on how your teeth look after braces. There is nothing sadder in the world of braces then spending a year or two in braces only to have your beautiful new smile marred by decay. Take good care of your teeth and the day you finally get your braces off can truly be a day to celebrate!



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Appointments made YOUR way.



Employee Spotlight

Gators in Action:

September fun with the Gator Crew!



Bowling for a Cause:
Raising funds for DECA
students in SCUCISD

Celebrating the 10 year anniversary
of Crescent Bend Nature Park
-New Berlin Sausage Festival-
First Shot 5K Color Run Fun



We LOVE to have fun!
Team Spirit Day at the Seguin office.



Meet Tammy Ranft
Public Relations Director at
Alligator Dental in San Marcos!

Family Info:

My husband Darryl and I both grew up in South Central Texas. Our 6 oldest children are grown and have their own families, and we live here with our 4 youngest.

Favorite Place to Eat:

We love Herberts and Grins, but our favorite is my husband's backyard BBQ - Yummy!

Favorite Store to Shop:

I like the outlets but of course Papa Bear has the best variety of unique gift items anywhere!

Favorite Kids Movie:

Spirit

Favorite Place to Visit:

We love tubing at the Lion's Club Tube Rentals and we really like to go camping.

Something Unique about me:

I really enjoy learning. I am always taking online classes to learn new and fun things.

Recipe: One Pan Cheesy Sausage Pasta

-Compliments of Stephanie at Alligator Dental in San Marcos

Ingredients:

- 1 Tablespoon olive oil
- 14 oz. package polish sausage, sliced into ¼ inch pieces
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 15 oz. can fire roasted tomatoes
- 8 oz. short cut pasta, uncooked
- 1 ½ cup chicken stock
- ½ cup milk
- 1 cup shredded cheddar cheese
- Green onions, thinly sliced (garnish)



Directions:

1. Heat a large skillet over medium heat. Add oil.
2. Add sausage and onions to the pan; cook for 5-7 minutes, stirring occasionally. Add garlic and cook for 1 minute.
3. Mix in tomatoes, pasta, chicken stock and milk. Stir and bring to a boil. Reduce heat, cover and cook for 10-12 minutes until the pasta is cooked.
4. Stir in cheddar cheese until melted
5. Garnish with green onions - Serve!



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