

# Welcome to Our Dental Hygiene Newsletter!

Dear Valued Patients,

We are excited to share with you the latest tips and information regarding dental hygiene to help you maintain a healthy smile.

## Tip of the Month: Proper Brushing Technique

Ensure you are brushing your teeth at least twice a day for two minutes each time. Use a fluoride toothpaste and remember to brush in gentle, circular motions.

## Featured Product: Electric Toothbrush

Consider upgrading to an electric toothbrush for a more effective clean. They can help reduce plaque and gingivitis more than manual brushing.

## Upcoming Event: Dental Health Day

Join us on **April 15th** for our annual Dental Health Day! Free check-ups and fun activities for kids.

## Office Hours

We are open Monday to Friday, 8 AM to 5 PM. Call us at (123) 456-7890 to schedule your next appointment!

Thank you for trusting us with your dental care. We look forward to seeing you soon!

Sincerely,  
Your Dental Care Team