

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

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- Whitening
- Toothbrush Reminder
- Featured Recipe

DO YOU HAVE MANUAL OR ELECTRONIC?

We love the Phillips Sonicare Diamond Clean toothbrush. We do sell them in office, if you have been wondering about them stop in or ask at your next cleaning! Not only do they come in a variety of great colors they are amazing and make you feel so refreshed after each use. With 4 different heads to pick up for what works best with you, whether is more build up or sensitive teeth. It has you covered! Also comes with a great phone App too and makes sure you are brushing everywhere evenly!



HAVE YOU BEEN WONDERING ABOUT WHITENING?

Are you happy with your smile or wish it was a little brighter? Getting married? We have the solution for you!

We offer in office whitening but also Opalescence to go trays. They work great and are really convenient where you could use them even on your way to work!

Call today and we can schedule an appointment or you can purchase the over the counter trays to try out!



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REMINDER

We know we all get busy but don't forget to change your toothbrush or electric toothbrush heads every 3-4 months! This helps to avoid any bacteria build up on your brush. Change it before if you have been sick so you don't get re-infected by using the same toothbrush.

FEATURED RECIPE

BLT Dip

Prep Time: 10 Minutes
Total Time: 10 Minutes

Equipment: Assorted
www.yellowblissroad.com

Ingredients:

8 Ounces Cream Cheese
1/2 Cup Sour Cream
1/2 Cup Mayo
1 tsp Seasoned salt
1/2 Tsp Garlic Powder
8 Slices Bacon (Cooked & Crumbled)
2 Cups Shredded Lettuce
3 Roma Tomatoes (seeded & Diced)
3 Green onions (thinly sliced)
Crackers or crostini for dipping

Instructions:

1. In a medium bowl and with an electric mixer, combine cream cheese, mayo, and sour cream until smooth. Mix in seasoned salt & garlic powder.
2. Spread cream cheese mix into a small, flat bottom dish (like an 8in pic pan). Chill until ready to serve.
3. Top with lettuce, tomatoes, bacon and green onions.
4. Serve immediately and with crackers or chips for dipping.

