

SUMMER 2021

GARRISON WOODS DENTAL NEWSLETTER

(403) 685-4792 | info@garrisonwoodsdenal.com | www.garrisonwoodsdenal.com



Office Closed for Summer Vacation

Dear Patients,

Our office will be **closed from August 1st to August 15th.**

Your inquiries during this time will be duly treated right after the summer holiday.

If you have a dental emergency, please contact one of the following offices:

- Sierra Dental (403) 297-9606
- Signal Hill Dental (403) 297-9600
- Brentwood Dental (403) 284-3341

We will reopen on August 16th and will resume regular business hours. We apologize for any inconvenience and we thank you for your understanding and cooperation.

We hope you have a great summer and we look forward to seeing you soon!

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COVID-19 Update

As we moved into Phase 3 on July 1st, 2021, we want to update all of our patients that dental offices will not be included in the phase updates.

Even though the Alberta government has lifted most of the COVID-19 restrictions we are still regulated by the Alberta Dental Association and College and they are wanting us to continue to maintain the same protocols that we have been doing since the pandemic started.

What does this mean for our patients after July 1, 2021?

We will continue to screen patients, use the virtual waiting room in the parking lot, each patient will be required to wear a mask upon entry, and COVID-19 consent forms are still required to be completed within 24 hours of your appointment.

We are proceeding with an abundance of caution, and we want you to feel as confident as we do that any visit you make to our office will be a safe one.

We look forward to seeing you soon!

Effective July 30th, 2021

Online Appointment Request

With the most recent update from our dental program, you can request your appointment online with your preferred time, dentist and/or hygienist and choose the appointment type you desire. We will notify you as soon as possible if your requested appointment has been confirmed. Check out our website and book your appointment.

Patient Portal

Patient Portal will be coming to our website soon - which will be located under our Patient Info section. You will be able to view your account, upcoming appointments, review treatment plans and view images and PDFs connected to your account.

To gain access to your account, please contact our office to set up a username and temporary password. Alternatively, if you have not signed up for patient portal yet, you will receive an email one hour after your next appointment in August with a generated username and a one-time use password.

About Us

Garrison Woods Dental

3511 Garrison Gate SW
Calgary, AB T2T 6E4

Tel: (403) 685-4792

Email: info@garrisonwoodsdenal.com

Web: www.garrisonwoodsdenal.com

OFFICE HOURS

Monday: 7:00am - 3:00am

Tuesday: 10:00am -6:00pm

Wednesday: 10:00am -6:00pm

Thursday: 7:00am - 6:00pm

Friday: 7:00am - 3:00am

Select Saturdays: 8:00am - 3:00pm

Sunday: Closed

OFFICE TEAM:

Dentists

Dr. James Trofimuk, DDS

Dr. Jennifer Qing, DDS

Dental Hygienists

Bernadine Martin, RDH

Lindsay Csandl, RDH

Ashley Wright, RDH

Dental Assistants

Jenna Magus, RDA

Melissa Streifel, RDA

Dental Administrators:

Richelle Cochrane

Rachel Martens

*Making
the world
a better
place,
one smile
at a time*

*Did you know?
Green tea
contains anti-
oxidants that help
prevent plaque,
and fluoride to
prevent tooth
decay*

Healthy snacks to keep you cool

Homemade Fruit Pops

Simple to make and contain way less sugar and calories than store bought popsicles. Mix unsweetened fruit juice with fruit chunks. Pour into ice cube trays, add wooden sticks, and freeze!

Watermelon Slices

A refreshing fruit snack that keeps you hydrated.

Frozen Grapes

The quintessential low-cal, no-fat summertime treat. Place washed grapes on a cookie sheet lined with wax paper so that they aren't touching each other. Freeze.

Cucumber Salad

A savory snack that's also refreshing.

Layered Fruit and Yogurt Parfaits

Mix and match with your favourite fruit and yogurt flavour combinations.

Tips to maintain a healthy summer smile

Summer calls for sweet, cold treats to help cool down the warm weather and summer adventures out in the sun. With all the busy summer plans, oral care is probably the last thing on your mind. Just because you're on vacation mode doesn't mean your oral hygiene should be too. Have fun in the summer and keep a bright smile.

Here are some tips to include in your routine to have a healthy summer smile:

Stay Hydrated

Keep your mouth moist and hydrated throughout the day. Water is effective in washing out plaque-causing bacteria. It's also beneficial to your breath!

Cut down on high-sugar beverages

Even energy drinks presented as "healthy" and juices marketed as "all-natural" often have a very high sugar content. Sugary drinks have an enormous impact on your oral health. Instead, opt for water, unsweetened tea, plain sparkling water and diluted juice.

Don't chew on ice

While it can be tempting on a hot day, ice or other hard substances have been known to cause accidents which damage the teeth. Chomping down on ice also may wear on your teeth's enamel.

Dry out your toothbrush

A wet toothbrush is a breeding site for bacteria. Take your toothbrush out of the case and stand it up in a cup so that any moisture drains away!

Maintain a routine

The key here is to get in between your teeth and give your teeth at least one very good cleaning each day. Make sure you're brushing all the surfaces and that the floss reaches down between each side of your tooth.

These are all little tips, but added up they can make a huge difference. Enjoy your vacation but don't forget to keep that smile fresh and healthy!

Going to the swimming pool?

It is important to brush your teeth after swimming in a chlorinated pool. Chlorinated pool water is highly acidic and repeated exposure can weaken and erode your enamel. It's hard to avoid taking in little pool water when you're having fun, but take the time to rinse your mouth out with plain water once the fun is over.