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Ask us about our COVID-19 safety plan

The shocking truth about how my backache got relieved

I was suffering from backache and neck ache since quite sometime now.. and I had dismissed it as an occupational hazard of being a dentist.. After continuous bending for long hours while doing patients, what else could you expect.... I was even getting physiotherapy for it.. but it didn't help much..

On another note, I noticed that I was clenching my teeth and my teeth had just started to wear

off.. that's an advantage of being a dentist.. I noticed the problem early on.. I was getting treatment only to prevent further wearing off my teeth.. but Voila... within 1 day of getting my teeth build up almost 90% of my backache and neck ache got relieved. It's amazing how everything in the body is connected and even a small change can have such a profound effect.



A GUIDE TO TMJ DISORDERS

The Symptoms :



Teeth Grinding

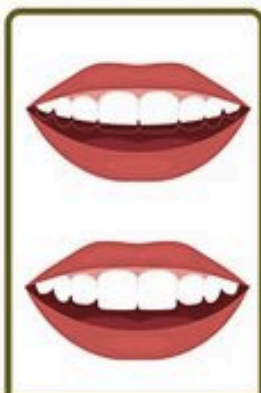


Facial Pain

The Causes:



Jaw Injury



Bruxism



Chronic Headaches



Tinnitus



Misaligned teeth

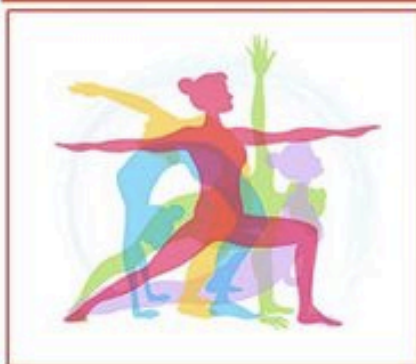


Stress



Sinus Pressure

The Cures :



- Find ways to de-stress and relax – Exercise, yoga, meditation.



Use a night guard – Prevents night bruxism.



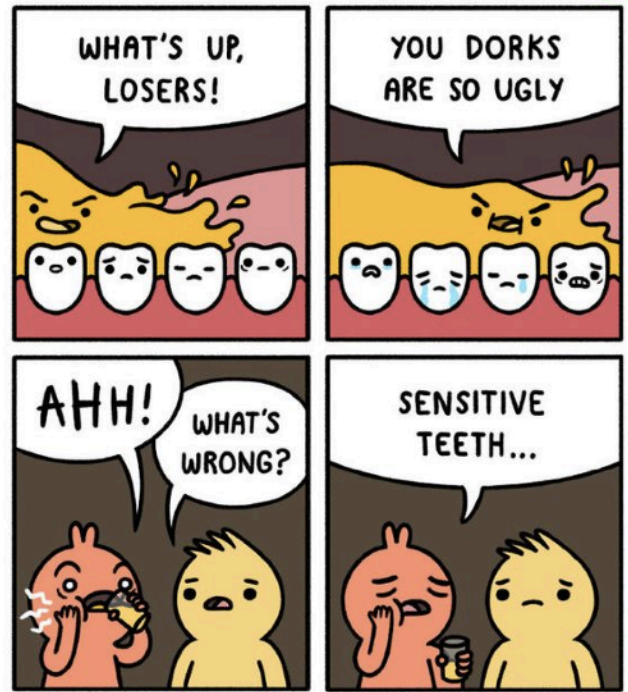
Seek dental evaluation – orthodontic treatment may help.

Thank You!

You are the Best!

We would like to thank the following well-wishers for recommending us to someone in the month of September

Dr. Pooja Gupta
Dr. Vandana
Dr. Ambika
Dr. Urvashi



The trick about teeth whitening no one will tell you!

These days we are seeing a trend of people wanting super white teeth. Super white teeth sometimes can look fake. How can you find out if your teeth are white enough or you could benefit from whitening?

If your teeth are as white as the white of your eyes, you don't need to get you teeth whitened. However, if they are darker, bleaching your teeth could really brighten up your smile :)

Love our work? Tell your friends about us! We would love to have more wonderful patients just like you!





If a child hasn't had a consultation with an orthodontist before age 7, the next best time for a full orthodontic exam is tomorrow at 3:00 p.m. 😊



Both the above teeth have fillings! What kind of filling would you prefer in your mouth?

To get fillings like the one on right, contact us..

ASK DR. SG

Q: My kid is 8 months old. Her 2 teeth just erupted 2 months back. Should I start brushing them?- Charu Sharma

A: Yes. Teeth must be brushed as soon as they erupt into the mouth. Milk teeth catch cavities very easily! You can use a finger brush or a small headed soft bristle brush and use rice grain size fluoride free toothpaste initially.

Looking for dental answers? Message us your queries and we will reply!

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