

San Marcos Office:
1890 Medical Parkway
San Marcos, TX 78666
512-393-3500

Seguin Office:
901 S. Hwy 123 Bypass
Seguin, TX 78155
830-372-3725

www.alligatordental.com



We make kids smile!

Special Doctor Edition

Gator News



Meet Dr. Hole

Family Info:

My husband Steven and I have two children, 2-year-old Riley and 6-month-old Everett.

Favorite Place to Eat:

Power Plant

Favorite Store to shop at:

Target

Favorite Place to Visit:

California

Favorite Kids Movie:

Aladdin

Favorite Activity:

Running

Something Unique About Me:

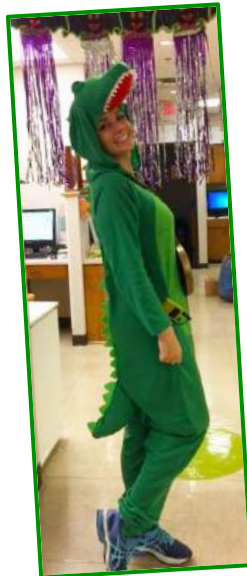
I sing while I work!



A little about Dr. Hole:

Dr. Jennifer Hole brings a new and exciting perspective to Alligator Dental! Having practiced for years as a general dentist treating patients of all ages, Dr. Hole is pioneering the new Teen Clinic in our offices. This aims to provide a transition from a pediatric patient reliant on family to an adolescent who has an independent and strong dental education. Dr. Hole is the perfect doctor for our teens with her dental expertise, enthusiasm and ability to connect with this fun age group.

New
Teen Clinic!



Having a blast with
Alligator Dental Staff!



Afghanistan Homecoming



Loves spending time with family



Enjoys
running,
football,
cooking,
crafting and
an occasional
Sonic blast.



Wisdom Teeth



What are wisdom teeth?




Wisdom teeth are the upper and lower third molars located at the very back of the mouth.

They are called wisdom teeth because they usually come in around age 17-21, when a person is old enough to gain some wisdom!

Do I need to have them extracted?

Wisdom teeth sometimes cause pain, swelling, cavities or gum disease. **Reasons** you may have to get them taken out:

1. Not all of us have big mouths like alligators!!  With some people, there is not enough room for an extra set of molars and this can lead to pain.
2. They can be impacted! Because the wisdom teeth are so far back there, they can get trapped in the jawbone or the gums and lead to discomfort.
3. Due to their location in the mouth, it can be a challenge for some to keep them clean. If you can't reach the teeth with a toothbrush and floss, it may be time to think about having them removed.

What to do if I am having wisdom tooth pain?

If you begin experiencing symptoms, you should call your dentist right away to see if you need to have them removed. Some things that you can do at home to help out are:

- *Over-the-counter pain medication
- *Ice packs on your face
- *Warm salt-water rinses



Please help Andy
welcome Dr. Hole to
Alligator Dental!

We are happy to have
her join our amazing
Gator Crew!

DR. Hole's Banana Bread



Ingredients:

- ½ cup of butter - room temperature
- 1 cup granulated sugar
- 2 large eggs
- 3 very ripe bananas, mashed
- ½ cup sour cream
- 1 teaspoon vanilla extract
- 1.5 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¾ cup chopped pecans

Directions:

1. Preheat oven to 350 degrees and place rack on middle shelf. Butter 9x5x3 inch loaf pan.
2. In a large bowl, whisk together flour, baking soda, baking powder and salt.
3. In another large bowl, use an electric mixer to cream butter and sugar together until light & fluffy. Add the eggs one at a time. Stir in the mashed bananas, sour cream and vanilla and stir until just combined.
4. Add dry ingredients to wet and gently stir in the pecans.
5. Pour batter into the pan. Bake 1 hour 10 minutes.
6. Let loaf cool on wire rack.

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