

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!

Gator News

July 2015

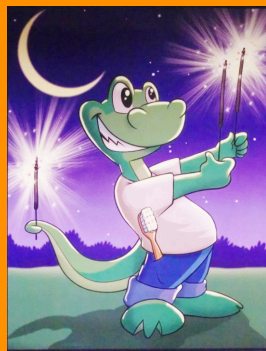
Monthly Contest



ENTER to
WIN!

Announcing the
**July Patient
Contest**

**Andy Loves
Fireworks!**



Find Andy's favorite fireworks hidden in the waiting areas at Alligator Dental.

Enter to win an
Electric Snow
Cone Machine!

Awesome Advice

FROM DR. ADEEL



Dr. Adeel Khan

Thumb-SUCKING Rehab



It is normal for babies to suck their fingers or thumb or a pacifier. It is a source of comfort. Most children lose interest as they get older and typically outgrow these habits by age 2-3.

Children suck their thumb when they are anxious or nervous and when they are tired and about to fall asleep.

Long-term thumb sucking habits interfere with the growth and development of the teeth and the upper jaw. It makes the palate narrow and makes your upper front teeth stick out making them look like "buck teeth". Thumb sucking can develop an open bite where the top and bottom teeth don't overlap. In turn a child can end up needing an expander or braces to fix the maloccluded teeth.

So these are things you can try to help them get over this habit:

1. Acknowledge the problem and take every opportunity to help the child see it as a BAD habit.
2. Dress child in long sleeve shirt at night and tie the end of the sleeves.
3. Paint nails with clear, bitter-tasting nail polish
4. Offer an alternative: it is best to encourage a child who sucks fingers or a thumb to switch to a pacifier. It is easier to take away a pacifier than the thumb.
5. Distraction: ask child to count teeth at night, or distract with other nighttime activities to help them sleep.

6. Be consistent and stay positive!

Gators in Action:



MOVIE MONDAY

★ Admit One ★

Alligator Dental San Marcos opened its movie theater to community children to host FREE family movies. Children enjoyed the movie, arcade, outdoor play area, snacks and prize drawings! Movies continue Monday's in July 10-12 p.m.



Alligator Dental San Marcos is a proud sponsor of the SMYBSA. We had a GREAT time watching the teams play ball!



Recipe: Broccoli Cheese Dip

-Compliments of Maria from Alligator Dental in Seguin

Ingredients:

- 1 Block Velveeta Cheese
- 1 White onion, finely chopped
- 1 large can cream of mushroom soup
- 1 cup chopped broccoli
- 1 stick butter



Directions:

1. Melt butter in a large saucepan, slowly. Saute onions in butter on low setting.
2. Cube cheese.
3. Add cheese, cream of mushroom soup, and broccoli into pan. Stir until cheese is fully melted.
4. Serve with tortilla chips, veggies, or bread.

Meet
Rachel
Sauceda
- Patient



Treatment Coordinator at
Alligator Dental in Seguin!

Position at Alligator Dental and what you really do:

I am the Patient Treatment Coordinator. I schedule appointments that use nitrous, sedation, and general anesthesia. I educate parents and children about upcoming treatment and help them feel comfortable.

Favorite Thing about working at Alligator Dental:

Seeing all the children!

Family Info:

I come from a large family. My immediately family has two sons and one daughter: Santiago, Ulises, and Alma. I am currently engaged!

Favorite Place to Eat in Seguin:

Bill Millers – they have great country fried steak.

Favorite Store to shop at:

To be honest shopping is my passion – all stores can be fun!

Something Unique about me:

I always flash a smile and say hi, even if I don't know you.