

Travel Tips:

Oral Health on the Go

Vacation is a getaway from the real world of responsibilities. That doesn't mean your oral health has to suffer!

HERE ARE SOME TIPS TO TAKE CARE OF YOUR TEETH WHEREVER YOU GO:



1. Bring Supplies

Stow the basics: floss, toothbrush and a small tube of toothpaste. Whether it's an overnight bag or your glove compartment you will always be prepared.

2. How to Use a Toothbrush Travel Case

Yeah, these handy toothbrush covers *seem* ideal for traveling. They are when used properly. If you put your toothbrush away while the bristles are still wet it can actually foster an environment for bacterial growth. Let your toothbrush air dry before you put it in the travel case.

3. Carry-On is the Way to Go

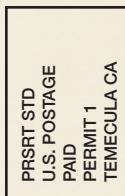
Keep your travel size toothpaste, toothbrush and floss in your carry on. If your flight has layovers or is super long, you can always feel put together with a clean mouth.

4. Enjoy Your Vacation!

Visit your dentist for your routine check up and cleaning before extended air travel. Doing this ensures that your existing dental work is in place and it gives you an opportunity to discuss any issues with your dentist prior to your vacation.

5. Routine is Key

Stick to brushing and flossing your teeth twice a day. Plaque and harmful bacteria never go on vacation, so stick to your routine and protect your oral health!



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*Don't forget we offer
Complimentary Consultations
and Second Opinions!*

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Celebrating 30 Years!

I am excited to be celebrating 30 years serving the Temecula Valley. As owner of Rancho Dental, it's been a joy and a privilege treating our initial patients, their children and now their grandchildren. They are all part of our Rancho Dental family and staying in one place is pretty cool!

My wife, Kevyn and I, raised our family here in this beautiful, growing, ever-changing community that we've been proud to call our home for 30 years! Temecula certainly does not resemble the Rancho California of 1989... stop lights, wineries, shopping mall, night life all have put Temecula on the map as a desired destination for families and for fun!

We're grateful for our patient's trust in us, and we don't take that lightly. We'll continue to treat every patient with excellence, compassion and kindness.

Thank you for the last 30 years,

Dr. Perry

ranchodental.net
temeculavalleycosmeticdentist.com



Notable Smile:

Paying It Forward with Karen

Recently we had a denture case with a patient named, Karen. Our community and our patients never cease to inspire us. Here's the story in Karen's own words...

"It's been several years since I've been able to afford dental insurance and because of that I've lost teeth. I have also lost bone in my jaw due to aging.

A dear high school friend and I reconnected a couple of years ago. One afternoon she, her husband and I were at their home having lunch and looking at pictures of us from high school. My friend said, "Karen you always had such a beautiful smile."

About a week later she and her husband invited me to their home. They said they had something important they wanted to talk to me about. Her husband said, "Karen you've been keeping me up at night the last few night's. My wife and I want you to go see our dentist, Dr. Dan, so he can take care of you and give you your smile back. Let us take care of the payment portion and you take care of getting to your dental appointments."

I am beyond blessed to have these two angels in my life and I love them dearly and more. It is because of them, Dr. Dan Perry and the staff at Rancho Dental that I can now show you my gorgeous smile and the return of my confidence."



Are YOU a member of our VIP Program?

We value our loyal patients and your recommendations to your friends and family members. That is why we developed the "Refer-a-Friend" and VIP program. We want to giveback and show YOU our appreciation for your referrals.

VIP Program

Refer 3+ new patient to Rancho Dental and become an exclusive VIP member!

Benefits:

- ✧ Double entries to Referral Drawings
- ✧ VIP Appreciation Gifts
- ✧ VIP Events

What is Sedation Dentistry?

Sedation dentistry is a form of treatment that uses pharmacological agents to help the patient relax and remain calm. Sometime sedation dentistry is referred to as "sleep dentistry" although patients are normally awake unless under general anesthesia.

There are different levels of sedation available depending on a patients apprehension.

Oral Conscious Sedation: This is a pill form for the mild to moderately anxious patient. It is simple, safe and effective! Vitals are monitored with a pulse oximeter to ensure a safe visit.

Gas Sedation or "Laughing Gas": Nitrous oxide is a mild and safe sedative that is mixed with oxygen and inhaled by the patient. This sedative is used to help patients relax and feel calm in the dentist chair. It is also an extremely affordable option!

If you suffer from anxiety when visiting the dentist, these are two great options that will help your visit be safe and comfortable.



SPECIAL

*Limited time offer:
10% of Dentures!*