

# Eby Family Dental

## WHAT'S IN THIS MONTH'S ISSUE:

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## DRUG COLLECTION

Often times we need to prescribe our patients an antibiotic or pain medication. We want to make sure everyone knows about the drop box program. Any medications that are unused can be dropped in these locations in order to be properly disposed of. DO NOT mail them to the DEA center in Virginia and DO NOT flush them into our water system. These are easy drop boxes! Not just this past Saturday.

## NATIONAL TAKE BACK INITIATIVE COLLECTION

The DEA has worked with various counties to ensure we have the resources to properly dispose of any prescribed drugs that you are no longer needing. NEVER put them in the mail & NEVER put them in our water system.

**Saturday, April 22, 2023**

10:00 AM - 2:00 PM

### Drop Off Locations:

- Fort Atkinson Police Dept - 24/7 Drop Box
- Jefferson Police Dept - Drop Box M-F 8-12
- Jefferson County Sheriffs Office - 24/7 Drop Box
- Milton Police Department - 24/7 Drop Box
- Whitewater Police Department - Drop Box 8a -10p
- UW-Whitewater Police Department - 24/7 Drop



## LEAVE US A REVIEW



Patient satisfaction and safety are our #1 priorities, we would love to hear how your experience was with us!



## LET US KNOW HOW WE DID!

We love hearing from our patients about their experience at our office. Our goal is to have excellent care from your first contact at check in to your very last at check out. If you would like to leave us a review you can find us on google and leave on there! We also love hearing from our patients in person too!

# Eby Family Dental

**NO-NO LIST!**  
(To Be Posted On Your Refrigerator Door)

**THINGS YOU CANNOT EAT, CHEW or ANYTHING WHILE IN BRACES!**

**ICE** - A thousand times NO! It will totally destroy your braces.

**PIZZA CRUST** - The hard crust bends wires.

**HARD PRETZELS** - Bends wires, loosens bands, and knocks off brackets.

**DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS and the like** - Will break off brackets.

**CARAMEL CANDY, CHEWING GUM** - Sticky goo which pulls off wires and braces.

**HARD ROLLS, BAGELS, BONES** - Bends the wire and knocks off brackets.

**BEEF JERKY** - Tough as nails.

**SUCKERS** - Too hard and full of sugar.

**NUTS** - No nuts of any kind.

**RIBS** - Knocks off brackets, remove meat from bone.

**PENS and PENCILS** - Favorite exam time food, breaks everything.

**POPCORN** - The little shells get between the gum and bands-hurts you like crazy.

**RAW VEGETABLES and FRESH FRUITS** - Should be cut into small pieces.

**CORN ON THE COB** - Cut corn off the cob.

**ANYTHING STICKY** - This includes baking that is made with molasses and marshmallows, caramel, or homemade candy.



## ORTHODONTIC TREATMENT

We have many patients doing ortho work with Dr. Eby. We have clear correct (nearly invisible trays) and we have traditional braces. Our patients with traditional braces are always reminded of this list. Our No-No list. Essentially exactly what it says! All foods to avoid while in braces due to the potential damage to the wires and brackets.

## FEATURED RECIPE

### Mini Apple Crisp Skillet

Prep Time: 10 Minutes  
Total Time: 30 Minutes

Equipment: Small Skillet  
[www.tasty.com](http://www.tasty.com)

#### Ingredients:

- 1 Cup Spice Cake Mix
- 3 Tablespoons unsalted butter, melted, divided
- 2 apples, peeled, cored and sliced

#### Directions:

1. Heat oven to 375 degrees
2. In a small bowl, mix together the cake mix and 2 tablespoons of melted butter until the mixture is crumbly.
3. Pour 1 tablespoon of melted butter into the bottom of 2 cast-iron skillets.
4. Arrange the apple slices in each skillet, ensuring the bottom is covered.
5. Sprinkle cake mixture over the apples.
6. Bake for 20 minutes, or until top appears crispy and edgers are bubbling.
7. Cool for 10 minutes.
8. Enjoy!

