

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

- New year, New Equipment
- Kids dental health month
- Oral Surgery
- Featured Recipe

NEW YEAR, NEW EQUIPMENT

This past week our Jefferson office got a new Pan machine! The installation tech got our staff all up to speed and trained! Now we have the ability at both locations to take a Panoramic X-Ray. Call today to get your appointment scheduled! Fort 920-563-2928 and Jefferson 920-897-6080



FEBRUARY IS CHILDRENS DENTAL HEALTH MONTH!

Veronica, one of our Dental Hygienists went and visited a classroom here in Fort Atkinson and had such a blast teaching the children about good oral hygiene habits! Make sure to brush and floss.

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Do's and Dont's After a Tooth Extraction

Do's

- Bite firmly on the gauze for at least 20 minutes
- Take soft, cold food
- Take the painkiller prescribed by your dentist
- Maintain oral hygiene



Dont's

- Constantly spitting/rinsing out blood/saliva
- Taking hot food/drinks
- Using straw to drink
- Smoking/Drinking alcohol
- Meddling extraction site
- Exert yourself



ORAL SURGERY

Check out this great example of what to do and what not to do after having a tooth extracted.

FEATURED RECIPE

Banana Stuffed Caramel Biscuit Waffles

Prep Time: 35 Minutes
Total Time: 35 Min

Equipment: Serving Dish
www.pillsbury.com

Ingredients:

- 1 large ripe banana, peeled and diced
- 1/8 teaspoon ground cinnamon
- 1 can (16.3 oz) refrigerated Pillsbury Flaky Layers Original Biscuits (8 Count)
- 1/4 cup caramel sauce
- Whipped topping, if desired

Directions:

1. In medium bowl, mix banana and cinnamon.
2. Spray waffle maker with cooking spray; heat waffle maker. Separate dough into 8 biscuits. Gently pull each biscuit apart, leaving bottom and lower sides intact, forming deep pocket. Spoon 1 tablespoon of the banana mixture into each biscuit pocket.
3. Gently stretch dough over filling, pressing and firmly sealing around edges of biscuit.
4. Place 1 biscuit on center of hot waffle maker. Close lid; bake 2 minutes 30 seconds to 3 minutes or until waffle is golden brown. Carefully remove waffle. Repeat with remaining filled biscuits. Top with caramel sauce and whipped topping.

