



Summer 2026 Newsletter

Hoping everyone is enjoying the summer, vacation plans and the beautiful weather.

Summer Dental Care: 5 Tips for a Healthy Summer Smile

1. **Use a straw** – When drinking cold drinks, use a straw to avoid direct contact with your teeth
2. **Rinse your mouth** – After consuming sugary or acidic drinks, rinse your mouth with water to help wash away acids and sugars.
3. **Use a custom mouth guards** – During outdoor activities, use a custom-fitted mouthguard to protect your teeth from injuries.
4. **Maintain hydration** – Drink plenty of water throughout the day to keep your mouth moist and reduce the risk of dry mouth.
5. **SCHEDULE DENTAL CHECKUPS** – Regular dental checkups can help catch any issues early and ensure your teeth are in great shape for the summer.

By following these tips, you can enjoy your summer without compromising your dental health. Remember to prioritize your oral care and take care of your smile this summer.

Summer Whitening – is on for August \$299 (regular \$350) Our IN-OFFICE WHITENING can help you feel confident and ready to shine. Prior to IN-OFFICE WHITENING patients must first complete the following Complete Exam, X-rays & Cleaning, these steps are necessary before we can proceed with your whitening treatment to ensure your oral health is in the best condition.

We have some new staff that have joined our team – Brianna and Jacelyn are our wonderful assistants, Felma in Front Administration

helping you with booking and your appointment and Sarah our new hygienist

Draw for August – Enter when you are at the office or by sending an email back to us with your name and the answer to the skill testing question “What has CORE DENTAL added to make booking easier??” for a Philips Sonicare electric toothbrush a picnic blanket and a bunch of goodies. Draw Date will be August 31st

Online Booking – Yep the answer to our skill testing question is “ONLINE BOOKING” for the draw. To book online you can visit our website at <https://www.coredental.ca> and click on “BOOK APPOINTMENT”.

Referrals – We appreciate all your kind referrals, your confidence in our office does not go unnoticed and we will send you a gift card.

Back to School – What? who said that!! But it is a good idea to book yourself or kids in prior to the end of August/September rush as summer goes by so fast.

Oral Cancer Screening – Why it matters? Because early diagnosis is so important and it is never too late to get the HPV vaccine, have the conversation with your doctor.

Validated Parking Pass – Yes we are still offering a 1hour validated parking pass for the Core Parkade for appointments that are one hour or more. Ask our front staff how to validate your parking.

Questions – Contact our friendly front staff, we are happy to help you with Canadian Dental Care Plan, your insurance coverage, booking appointments and helping you make the most of your appointment.