

Victoria Drewa



Victoria Drewa - Indian Blankets

AUG ust

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
	HAWAIIAN/SLUSHIES WEEK					
15	16	17	18	19	20	21
	FIRST WEEK OF SCHOOL- OFFICE CLOSED					
22	23	24	25	26	27	28
	PICK OUR PET CONTEST BEGINS					
29	30	31				

Brushing Your Teeth

Why is it important to brush my teeth?

Brushing the teeth removes plaque and food from the surface of the teeth and prevents cavities, swollen gums and staining around braces.

How often do I need to brush my teeth?

One should brush their teeth after eating, which averages about three to four times per day.

What type of toothbrush should I use?

Dr. Hulme and the ADA recommend a soft-bristled toothbrush.

Does brushing remove all the plaque from my teeth?

No. Brushing and flossing combined need to be done regularly to remove all plaque from the teeth.

How do I brush with braces?

Brush under, above, behind, and around all surfaces of every tooth and bracket. Remember to brush the inside and outside of both top and bottom gums. Rinse thoroughly after brushing, and check to make sure teeth and brackets are clean and shiny!

Remember, a good oral hygiene score is needed at each appointment to earn all possible Orthobucks!

August 16 – 19 Hawaiian/Slushies Week

In honor of the last week of summer break, wear Hawaiian attire such as shirts, skirts and leis to your appointment to earn extra Orthobucks, enjoy a tropical slushie, and be entered to win a grand prize.

June 7 – August 19 Postcard/Hulme T-Shirt Contest Ends

Taking a vacation? Send us a postcard from your vacation spot or send us a picture of you wearing a Hulme Orthodontics T-shirt on your vacation and earn a chance to win a prize.

MAIL POSTCARDS AND PHOTOS TO:
Hulme Orthodontics
15303 Huebner Rd., Bldg. 16
San Antonio, TX 78248

EMAIL PHOTOS TO:
BracesRUs@HulmeOrtho.com

CONTEST CATEGORIES:

Farthest Away
Best Skyline
Most Unique

Best in Texas
Best Beach

August 30 – October 14 Pick Our Pet Contest Begins

Match each pet to its owner and all correct guesses will be entered to win a prize. Determine which pet belongs to which Hulme Orthodontic employee and earn a chance to win.



**Orthodontics
& Dentofacial Orthopedics**

210.479.2000
www.hulmeortho.com