

# December-January Competition Winner

WOW! What an outstanding effort in our December – January competition.

Thank-you to all our patients for all their entries. It was great to see how many of you were able to tell us how to make those teeth, plates and braces shine. A big congratulations to **Yan D.** Yan has won herself an **iPod shuffle**.

We also have a runner up this month. We feel that **Denise B.** has gone the extra mile, so we are awarding her a \$30 movie voucher.

Well done ladies, we hope you enjoy your prizes.

*Yan wrote- 1. Use the 3-minute timer 2. Brush your teeth above and below brackets 3. Floss 4. Rinse with mouthwash 5. Take your Christmas tree brush to work and to the shops so you can brush after your lunch.*

*Denise wrote- Brush my teeth three times a day as usual. Instead of using the Christmas tree once a day use it twice a day, which will help rid all the food. Use this especially at Christmas time! Floss as usual. Remember to pack toothbrushes and floss for sleepovers or buy new ones to add to your travel pack.*

