

# The Office of Veasey B. Cullen, Jr. D.M.D.

To our dental family,

We hope this finds you healthy and well. For everyone's safety, we have canceled appointments to prevent the spread of Covid-19. As soon as we are assured it is safe to reopen, we will do so. We plan to work additional hours in order to get as many patients back on track with their maintenance and treatment plans as quickly as possible. In the meantime, here are a few dental pearls:

- Avoid eating popcorn, nuts, etc. as they sometimes become lodged under the gum which can cause a periodontal abscess (not something you need this week).
- Avoid anything that slowly dissolves in your mouth and contains sugar (Halls Mentho-Lyptus, breath mints, Lifesavers, etc.). These are EXCELLENT at causing tooth decay.
- Wash hands before and after flossing to prevent the spread of germs.
- With all your spare time, it's an opportunity to up your game on flossing and brushing. Floss and brush after meals and before bed, as this will prevent bacteria from becoming active and causing a gum infection.
- After flossing and brushing before bedtime, forego that (yum yum) final snack and only have water on your bedstand.
- If you have a prescription for Prevident, brush it on prior to sleeping and don't rinse or drink for at least thirty minutes.

We are sorry for any inconvenience this interim period causes you, but please know we are committed to your dental health and look forward to seeing you again. We hope you enjoy the following reflections and pictures from our shelter-at-home experiences.

Sincerely,

*Dr. Cullen and Team*



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*“These unusual circumstances have taught me a lot of patience and I have grown to appreciate my family and friends more than ever before. I am enjoying this extra special time with my kids. Please all, stay safe and healthy. We miss you all and look forward to being back together soon.” -Ashtyne*



Ashtyne and her daughter Tenley



Stacey’s cat Boots assists with office work

*“Stay at home, enjoy time with your family, and stay safe.” -Stacey*

*“Since we can’t go out and about, brush, floss, rinse & shout! Power brush it off, floss it from between, floss it from below, swish it all out, sparkle & glow!” -Jana*



Jana and her daughter Laura



Michelle’s kids Hunter and Emma

*“I joined a Facebook group #SpreadTheLove where people encourage each other with pictures of how they are spreading love while staying home.” -Michelle*



Quality time

*“This time has shown me how to appreciate the simple things in life and to never take for granted my health, my family, and my friends. Praying for everyone, including our first responders who risk their lives to protect us every day.” -Kelly*



Kelly with Freya and Rogue

Pretty bird in Cheryl's feeder



Steph and family homeschooling



*“Stay healthy, positive, and lean on your higher power to get you through this time.” -Steph*

*“While this virus is an absolutely horrible thing, we have all gotten a chance to actually be with family, slow down a bit and count our blessings. I’ve been connecting with my grandkids by writing and mailing letters (the old-fashioned way). Everyone likes good mail.” -Cheryl*

Lori and daughter  
Jensica attend  
online conference



*“I miss my patients.”-Daisy*



*“What a difficult time for our patients who are medical workers, teachers, business owners, parents who are wall-to-wall with children, those who can’t visit grandchildren or aging parents, and those who are out of work. So many of you have come to mind. Hang in there. I’m thinking of you and praying for you.” -Lori*