



CHARLTON ROAD
DENTAL™



THE HALLOWEEN SHOWDOWN BEGINS...
IT'S YOUR SMILE VS. A SUGAR OVERLOAD
WHO'S TAKING THE WIN? 🍬



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™

SPOOKY SEASON IS UPON US, AND WHILE WE LOVE A GOOD COSTUME AND A FEW FESTIVE TREATS, WE AT CHARLTON ROAD DENTAL PRACTICE ARE GEARING UP FOR THE REAL HALLOWEEN SHOWDOWN: YOUR SMILE VS. THE SUGAR OVERLOAD.

LET'S FACE IT—HALLOWEEN IS ONE OF THE SWEETEST TIMES OF THE YEAR, AND NOT JUST BECAUSE OF THE COSTUMES AND PUMPKIN CARVING. IT'S THE CANDY. EVERYWHERE. AND WHILE WE'RE NOT HERE TO BAN THE CHOCOLATE OR CRUSH YOUR CANDY CORN DREAMS, WE ARE HERE TO MAKE SURE YOUR TEETH COME OUT OF HALLOWEEN LOOKING AS DAZZLING AS EVER.



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™

🍬 TRICK OR TREAT: WHAT SUGAR DOES TO YOUR TEETH

WHEN YOU INDULGE IN SWEETS, THE SUGAR FEEDS BACTERIA IN YOUR MOUTH, WHICH THEN PRODUCE ACID THAT WEAKENS YOUR TOOTH ENAMEL. OVER TIME, THIS CAN LEAD TO:

- CAVITIES
- TOOTH SENSITIVITY
- GUM INFLAMMATION

AND NO, BRUSHING HARDER DOESN'T CANCEL OUT FIVE FUN-SIZE CHOCOLATE BARS. 😞



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™



CANDY SHOWDOWN: WHICH TREATS ARE TRICKIEST?

NOT ALL HALLOWEEN SWEETS ARE CREATED EQUAL. HERE'S HOW THEY RANK:

Type of Candy	Tooth Trouble Level ⚠️
Sticky sweets (toffee, gummies)	High – They cling to teeth and hang around longer.
Hard candies (lollipops, jawbreakers)	Medium – Long-lasting contact with sugar = more damage.
Sour candies	High – The acid + sugar combo is a double whammy.
Chocolate	Lower – Melts quickly and washes away more easily.



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™

TEAM SMILE: HOW TO FIGHT BACK

DON'T WORRY—YOUR SMILE HAS SOME SERIOUS DEFENSE MOVES. WITH A FEW SMART HABITS, YOU CAN KEEP YOUR TEETH HEALTHY WITHOUT SKIPPING THE HALLOWEEN FUN:

- TREAT WISELY: ENJOY SWEETS IN ONE SITTING (PREFERABLY WITH A MEAL) INSTEAD OF SNACKING THROUGHOUT THE DAY. SALIVA PRODUCTION INCREASES DURING MEALS, HELPING TO RINSE AWAY SUGARS.
- CHOOSE CHOCOLATE: SOFT CHOCOLATES ARE LESS LIKELY TO STICK TO TEETH THAN CHEWY OR HARD CANDIES.
- RINSE AND REPEAT: AFTER INDULGING, RINSE YOUR MOUTH WITH WATER TO WASH AWAY LINGERING SUGARS. AND REMEMBER TO BRUSH TWICE A DAY WITH FLUORIDE TOOTHPASTE!
- FLOSS LIKE A BOSS: THOSE SNEAKY SUGAR BITS LOVE HIDING BETWEEN TEETH. FLOSSING DAILY HELPS KEEP THEM FROM CAUSING TROUBLE.



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™



KEEP THE MAGIC, LOSE THE CAVITIES

HALLOWEEN SHOULD BE FULL OF LAUGHTER, SPOOKY STORIES, AND MAYBE A LITTLE SUGAR—NOT DENTAL EMERGENCIES. SO, AS YOU'RE RAIDING THE TRICK-OR-TREAT STASH OR SAMPLING THE OFFICE SWEETS, KEEP YOUR SMILE IN MIND.

AND IF IT'S BEEN A WHILE SINCE YOUR LAST CHECK-UP, NOW'S THE PERFECT TIME TO BOOK AN APPOINTMENT. A POST-HALLOWEEN CLEAN-UP IS THE BEST WAY TO MAKE SURE YOUR SMILE STAYS BRIGHT INTO THE HOLIDAY SEASON.



WWW.CHARLTONROADDENTAL.CO.UK



CHARLTON ROAD
DENTAL™

🍬 FROM ALL OF US AT CHARLTON ROAD DENTAL PRACTICE...

HAVE A HAPPY, SAFE, AND SMILE-FRIENDLY HALLOWEEN!

WE'RE HERE TO MAKE SURE YOUR TEETH ARE PROTECTED—NO TRICKS, JUST TREATS (AND CLEAN TEETH).

WWW.CHARLTONROADDENTAL.CO.UK