



News Notes

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UNITED CONCORDIA DENTAL

Zoom-Worthy Smiles for the Holidays

This season is filled with plenty of reasons to smile. But since the pandemic, you've probably been sharing yours with friends, family and coworkers mostly via video chats. Here are three tips for sensational smiles in all those virtual celebrations.

Smile naturally, don't clench your jaw

Seeing yourself on screen can be awkward, but don't stress over trying to force a movie-star smile. Relax, think happy thoughts and just smile sincerely.

Show off soft, smooth lips

Lips have thin skin and few oil glands, so they can dry out easily. Soften and protect them by applying lip balm with a good SPF. Or apply lipstick in a knockout shade that'll showcase your pearly whites.

Make sure your teeth are sparkling clean

Don't let spinach photobomb the shot. Brush and floss, or rinse with water, to remove food particles that might be stuck between your teeth. Chewing sugarless gum stimulates saliva, which also helps to wash away food debris after you eat.



Happy holidays from all of us at United Concordia Dental. May your days be merry and bright, and all your smiles healthy and white!

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Our affiliation with these national organizations is a value-added benefit for our members.

