**More from 34**

Welcome to the first addition of our monthly newsletter. This will keep you informed of current practice matters and tips on looking after your brace.

The summer is here and this means a lot more time to spend outside with your friends enjoying outdoor activities.

**Key points to remember:**

**Hydration –** It is very important to stay hydrated, water is the best option and try to stay away from fizzy drinks! Water is not only better for your health and will avoid rotting or staining to your teeth which is particularly important when you wear a brace.

**Keep in routine –** Remember to brush your teeth twice a day and clean removable appliances.

**Staying at friends –Keep in routine:** Although it may only be for one night, remember to bring and wear your appliances, keep everything clean.. Do not to lose or leave them behind (!!!!),

**Food –** Remember to avoid chewy sweets, gum and any food which might loosen or break a wire to be cut up into smaller pieces.

**Brace additions -** It is important to change your elastics or wind your brace if instructed.

**Staff news**

We are delighted to announce Lucy has joined the team at 34 Castle Street as a new trainee dental nurse.

Happy Birthday to Karen this month.

Brace Yourself ladies team is progressing well in the Herefordshire Rounder’s Summer League.

Karen and Sophie are currently in training for their 5k Muddy Run which takes place in July. A sponsorship box can be found to the right of reception.

**Looking to the future…**

Our website will be launched next month so keep your eyes peeled. We are already on Facebook, remember to give us a like!

Thank you for your understanding regarding the disruption and noise due to the updating of the windows.