



March 2026

# MURPHY DENTISTRY

[www.murphydentistry.com](http://www.murphydentistry.com)

## THE BAD GUYS

Bacteria-filled plaque, if not removed on a daily basis will sit along & under the gumline causing inflammation, redness & bleeding.

Bleeding should be seen as a signal- something to address and not ignore. Addressing it early can prevent serious problems.

## WHY BLEEDING GUMS ARE NOT NORMAL

Ongoing inflammation can lead to gum disease, which is where the gums pull away from the teeth, and the bone that supports the teeth is damaged. Gum disease often progresses painlessly, so bleeding may be one of the first noticeable clues.

Bleeding gums are often brushed off as minor or 'normal,' but they're actually a sign that something isn't right. Healthy gums are firm, pale pink and do not bleed during brushing or flossing.

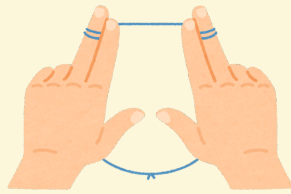


## WHAT TO DO?

Make sure to visit us at least 2 x a year for a thorough cleaning and exam. Home care including daily brushing and flossing is of utmost importance.

## Proper Flossing Technique

Wrap the ends of an 18" piece of floss around each middle finger. Using your thumb and index finger slide the floss between your teeth, curve into a 'C' shape and glide up and down the side of each tooth going under the gum



What's green & sings

*Elvis Parsley*

How can you tell if an Irish joke is good?

*It's Dublin you over with laughter*

Why did the leprechaun go outside in March?

*To catch spring fever*

Why is March weather so unpredictable?

*It has a lot of moods*

What is March's favorite dance?

*The spring fling*

Why did the clover get promoted?

*It was outstanding in its field*

Why don't you ever iron a shamrock?

*You don't want to press your luck*



March on,

Rachelle, Izzy, Sheri, Annalise, Amy, Sarah, and Dr. Murphy

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