

Categories: Amanda

Triplets dentist appointment

This morning I took the triplets for their dentist check up. This was their 2nd check up so far. Today was their first time getting their teeth scaled and then fluoride.

They all did great!! Amanda and Maryssa chose bubble gum flavor fluoride and Miranda chose grape flavor. No cavities...music to my ears.

I have to keep working on flossing their teeth, but it is so hard to do it for 4 girls. I keep doing my best though. They brush twice a day and use a fluoride oral rinse before bed.

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