



15 Social Media Posts for Your Dental Practice

Need some inspiration? Take a peek at 15 of the top Facebook posts that PracticeMojo customers have received with their subscriptions.

Use these posts to engage with current and prospective patients, share fun facts, and encourage conversation online!



Post Idea 1

Healthy gums mean a healthy smile! Prevent gum disease by brushing and flossing regularly, avoiding sugary foods and drinks, and seeing us for regular dental checkups.

Post Idea 2

Quick Tip: Floss with your eyes shut. If you can floss with your eyes shut at home then you can floss anywhere – the car, school, or even at the office

Post Idea 3

Do cold or hot foods cause pain for your teeth? If it does, your teeth sensitivity is due to nerve exposure – most commonly at the gum line. Brush with soft bristles, floss daily, and ask us on tips to enjoy your favorite foods and drinks pain-free.

Post Idea 4

Did you know your body makes between two and four pints of saliva in a single day? The spit you swallow serves a number of purposes, including preventing tooth decay and fighting germs:

<http://wb.md/1FsRKNk>

Post Idea 5

Halloween is around the corner, here are a few tips that will help you avoid scary dental bills: <http://bit.ly/2wMrJsv>

Post Idea 6

Tales of the Tooth Fairy have been passed around in families for generations. Glitter trails and gifts of fortune are sprinkled into our childhood memories. What's your favorite tooth fairy story?

Post Idea 7

An ounce of prevention is worth a pound of cure - call us to schedule your next dental exam and learn why it's important to keep your dental appointments. <http://bit.ly/2vAwTII>

Post Idea 8

Do you suffer from sleep apnea? Dental devices, such as mouth guards, may be effective in treating your sleep apnea symptoms!

Post Idea 9

Soda drinker? Careful! Those who drink soda regularly may experience more tooth decay than those who don't. Even drinks without high-fructose corn syrup may contain high amounts of sugar which produces acid that damages teeth. Try drinking water with your next meal instead. Your teeth will thank you!

Post Idea 10

Flossing is the most effective weapon you have against fighting plaque. Read more: <http://bit.ly/2hC29oo>

Post Idea 11

Mommy Hack of the Day: To relieve baby's teething pains, soak a new washcloth, twist it into a tube shape and place it in the freezer until frozen. Keep a few in plastic bags so that they're ready when you need them.

Post Idea 12

The National Cancer Institute outlines the necessity for oral cancer screenings while in good health. If detected early, the cancer may be much easier to treat. <https://bit.ly/2ITHuVL>

Post Idea 13

Teens: Ever wondered if energy drinks increase your chances for cavities, or if toothpaste really does help clear up pimples? Take the Fact or Fiction quiz for teens to learn what causes cavities and how to protect your teeth. <http://bit.ly/2o8x1MF>

Post Idea 14

WebMD lists the top 8 mistakes you might just be making when brushing your teeth. Check out this link to see what you may be doing wrong and how to fix it. <http://wb.md/1QDOUHw>

Post Idea 15

Looking for pointers on having a healthy smile? Check out this Ultimate Guide to Oral Health Care. <http://bit.ly/1WDpCQQ>

Facebook is a great place to build relationships with patients while increasing referrals and website traffic.

Save time and let PracticeMojo help! Our Facebook Pro Solution includes:

- A beautiful custom cover image that matches the look and feel of your website to create a strong brand image
- Two emails each week that contain two post ideas in each so you save time writing posts on your own and can easily share them on Facebook

Facebook Pro is just one of the many features you can enjoy when you become a PracticeMojo member.

PracticeMojo offers proven marketing campaigns, dental recall, appointment reminders, and more. Plus it pays for itself. In fact, on average, **our clients get \$50 back for every dollar they spend with us.**

Learn more at www.PracticeMojo.com or call (800) 556-2580.

