



WELCOME TO OUR
Monthly Newsletter

we're so glad you're here!

The Mother's Day Edition
BECAUSE MOMS DESERVE TO SMILE AND GLOW!

**From Bump To Baby: What Happens
To Your Teeth & Gums**



*from bump
to baby*

Pregnancy and postpartum can have a bigger impact on your teeth and gums than most people realize. Hormonal changes increase blood flow to the gums, making them more sensitive, prone to inflammation, and more likely to bleed - a condition often called pregnancy gingivitis. Many women also experience enamel wear from acid exposure due to nausea or reflux, along with increased risk of cavities from changes in diet and oral hygiene routines. Postpartum, things don't always immediately return to normal- gum sensitivity, recession, and even bone loss can persist if not addressed. That's why ongoing dental care during and after pregnancy is so important - not just for your smile, but for your overall health

**What Moms Actually
Want This Year**

This Mother's Day, let's be honest - what moms actually want isn't another candle or last minute flowers. They want to feel like themselves again!

And REAL self care goes beyond spa days; it's about taking care of their health, confidence, and the little things they've been putting off. Whether it's finally whitening their smile, addressing jaw tension, or doing something that helps them look refreshed as they feel inside, it's about giving moms permission to prioritize themselves for once. Because when moms feel good, it shows in everything they do!

Reader Rewards

Mention this newsletter and get...



Mom & Me Whitening:
Buy one get one FREE



FREE Whitening with RF
Microneedling session



\$12/unit Botox (orig \$15/unit)



FREE Hair Loss Consult
(including scalp analysis)



New Service Alert!!!



ORAL SURGERY- NOW IN HOUSE!!

STARTING JUNE 5 2026

MEET DR. CAMERON LEWIS



Dr. Lewis's interest in dentistry and surgery started early in his life. In 1998 and 2002 he completed internships for the National Leadership Forum on Dentistry and Medicine in Houston, Texas. Here his research focused on the interactions of medicine and dentistry related to oral cancer, primary healthcare, and pathologic disorders in South Africa. This experience sparked a desire to make oral surgery accessible to all- leading to his ardent pursuit of a career in the field.

He graduated from Xavier University of Louisiana with a Bachelor's degree in Biology and Pre-Med and went on to receive his Doctor of Dental Surgery degree from Howard University College of Dentistry in 2007. He continued his education with a General Practice Residency at the UCLA Harbor Medical Center, as well as Oral & Maxillofacial Surgical internships at the New York Medical College and the Jacobi Medical Center. He completed his Oral & Maxillofacial Surgery training at New York Medical College.

Specializing in various surgical procedures including dental implants, bone grafts, sinus lifts, oral pathology, extractions, wisdom teeth removal, and pre prosthetic surgery, Dr Lewis is recognized for his professional expertise and commitment to advancing his dental knowledge.

If you've been putting off removing your wisdom teeth or are having pain, call us at 914-693-1221 or reply to this email to schedule with Dr. Lewis.

Ardsley Dental Spa will continue to strive to provide comprehensive dental care under one roof!!

We are excited to have Dr. Lewis join our team providing our patients with surgical care in the comfort of Ardsley Dental Spa.