

Welcome to our first practice newsletter, our aim is to keep you updated on all the latest news at the practice and provide you with some suggestions on how to maintain good oral health for 2014 and beyond.

## Children's Day

Thursday 20th February 9.00 am – 1.00 pm

We are excited to announce that we will be holding our first Children's Day on Thursday 20th February for children registered at the practice.

The day will combine their routine examination with fun-filled activities, games and competitions to help fulfil our aim of educating children in how to look after their teeth and promote good dental health.

Please contact the surgery on 01923 662766 to book your child's dental appointment.

Spaces are limited.



## For the new you!

New for 2014, we look forward to offering Smile Tru transparent braces. Smile Tru braces are a series of transparent sequential positioners that can be offered to most people as an alternative to fixed braces. Each positioner is designed to fit over the teeth and gently guide them into the desired position helping you to achieve the smile of your dreams.

Ask your dentist for more details on Smile Tru orthodontic treatment.

Smile TRU



## Referrals

We are always delighted when we receive referrals from our patients.

This means a great deal to us, as it means you are happy with your dental care and are pleased to pass on this news to your family and friends. It is these referrals that have helped our practice to grow and will continue to do so with your help.



## Beyond the toothbrush

You brush your teeth for two minutes twice per day. This is good! However, chances are your teeth are not totally clean.

**Research has shown that up to 40% of plaque and food debris can still remain between your teeth.**

Plaque is the sticky film of bacteria which can cause gum disease and tooth decay. There are a variety of interdental aids you can use including floss and interproximal brushes. Your dentist or hygienist at the practice will be more than happy to advise and instruct you to use the appropriate aid for your needs. Children and adults alike can achieve not just good oral care but total oral care.

## Busy at work?

If you're finding it difficult to make time for your routine dental appointments then take advantage of our early and late appointments.

Please ask at reception for details.

## Opening times

Monday: 9.00 am - 7.30 pm  
Tuesday: 8.00 am - 4.00 pm  
Wednesday: 9.00 am - 5.45 pm  
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Friday: 8.00 am - 12.45 pm

