



# ACORN DENTAL SURGERY NEWSLETTER

SPRING • 2014

## The British Dental Association Good Practice Scheme.

### We are proud to be Gold Members of the Good Practice Scheme

The BDA Good Practice Scheme is UK dentistry's leading quality assurance programme. By becoming members of the Scheme, practices demonstrate a visible commitment to providing quality dental care to nationally recognised standards.

## Did you know you can follow us on Twitter and Facebook?

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## Six month smiles tooth straightening

### Would you like straighter teeth? Are you one of the millions of adults in need of adult braces who are unhappy, self-conscious or even embarrassed of your smile?

Many adults spend their entire lives covering their mouths when they laugh, smile or talk. They feel stuck because they do not want to wear adult metal braces for years or they are concerned that other corrective teeth straightening procedures could be too invasive or too expensive. Now, there is an effective, safe and affordable cosmetic braces solution that fits your lifestyle.

A revolutionary combination of proven orthodontic techniques, modern materials, and innovative thought - Six Month Smiles® utilizes specialized clear braces to gently straighten and align teeth in an average time of just six months. For the first 10 patients to pay a deposit the price is £2000 for top or bottom teeth & £2500 for top & bottom teeth. There is a 5% discount for upfront payment at the start of treatment or an initial payment of £700 with the balance spread over 5 months.

## Old and grey?

**Do you hate the look of your old fillings? Ever wanted to get rid of them but never thought to ask? Well, the great news is you have the choice of tooth coloured fillings!!!**

White fillings are created to match your tooth and ensure a natural look and feel. We advise the use of white fillings when the cavity or filling to be replaced is small to medium in size. It is recommended that larger restorations be restored with a porcelain inlay or onlay.

Call 01452 372738 to book.



 **Denplan**  
At the heart of dental care



# Spring clean your mouth!

**Spring is traditionally the time of year to give your home a good spring clean. Why not do the same for your mouth this spring and focus on stepping up your oral hygiene routine? It's a great opportunity to start looking and feeling your best! Top tips:**

**Visit your Hygienist**

A scale and polish not only makes your teeth feel clean and fresh; it is vital to maintaining your overall oral health. Hygienists play a very important role in preventing dental problems from developing, such as gum disease, and they will also advise you on the best way to brush your teeth and what you should eat.

In between visits to the practice, a good brushing and flossing routine is important. Brush for two minutes, twice a day with a fluoride toothpaste, and floss daily.

**On the go**

Alongside a good brushing and flossing routine, you can keep your mouth extra clean and fresh with mouthwashes and sugar-free chewing gum. Chewing gum and using mouthwash after

meals helps to neutralise plaque acid. Look for gum with xylitol – a natural sweetener - as studies have shown it helps decrease tooth decay by up to 50%.

## National Smile Month

National Smile Month runs throughout May and June and is a great opportunity for those who don't to take stock of their oral health habits, and a great opportunity for those who do to pass the message onto others.

The key messages of National Smile Month are to cut down on how often you have sugary foods and drinks, stub out cigarettes, visit the dentist as often as recommended, and brush for two minutes twice a day with a fluoride toothpaste.

As a patient of the practice, you'll know we do all we can to help you to keep your teeth and gums healthy, and regular check-ups are an important part of this. You may have friends or family who haven't visited a dentist for a while, so why not encourage them to do so during National Smile Month? We happily welcome new patients to the practice, so please do pass on our details.

## Are you smile-confident?

Spring and summer bring lots of social occasions such as weddings, holidays and parties. While these bring laughter and fun for most of us, they can be daunting for those less confident in their smiles.

We offer a great range of dental care and treatments to help you to look and feel at your best. Why not speak to a member of the team to find out about the cosmetic and restorative dental treatments we offer? Treatments such as teeth whitening can make a huge difference to your smile and lift your confidence. Whitening costs £425. Please call 04152 372738 to book.