



February 2019

Newsletter

Practice News

We are now accepting children on an NHS basis. If you wish to register your children, please contact the Practice on 01787 222828 to make an initial appointment.

We would like to welcome our new staff members, Lisa, Becky and Jenny. Both Lisa and Becky have joined our Dental Nurse Team and Jenny has joined our Reception Team.

We also have a new addition to our Oral Surgery Team! Dr Darshan Boindala will be joining us very soon and brings a wealth of knowledge and experience in Oral Surgery.

Top Tips

It is advisable to wait one hour after eating before brushing your teeth!

Still keeping up with your New Year resolutions?

For those patients starting the New Year with a new healthy lifestyle, well done! However, we would like to remind you that cutting sugar out is a great way to start but you should be mindful if you are swapping Cow's milk for Almond milk as this is very high in sugar. As fruit contains natural occurring sugars, you should be mindful of the amount of extra fruit you may be consuming. Remember to floss daily too! Our Oral Health Education Team are available to offer advice and can be contacted on 01787 222828.

Important Information

It is very important that patients, who are exempt from dental charges, provide us with evidence of their exemption. Most exemption certificates will be in the form of a letter or a card. Unfortunately, we cannot process your appointment without this and you may have to be rescheduled if you are unable to provide this information.