



January 2019

Newsletter

Happy New Year!

We would like to wish all of our lovely patients a happy and healthy New Year from all of us here at The Essex Dental Clinic.

Practice Offers

The ultimate teeth whitening package is still only £289.
As a provider of Invisalign treatment, we are offering complimentary Invisalign Vivera Retainers following your completed treatment, saving you £495! Both offers are running until the 31st of January 2019.

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 addition to the Oral Surgery Team, Dr Enamul Ali. Dr Ali joins us initially, on a Monday and has a wealth of knowledge, skill and experience in this field.

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.