

# PRACTICE NEWS

THE PATIENT NEWSLETTER FROM WHITEFIELD DENTAL PRACTICE

ISSUE 06



## HYGIENIST

While you are reading this just run your tongue along your teeth. Do they feel nice and smooth or feel like something is on them?

If you can feel something then its more than likely to be a hard plaque left behind after you have brushed away most of the soft plaque.

So when did you last have this removed by a Dental Hygienist?

There is a link between our overall health and the health of our mouths, so if you are stressed or have Heart- problems , Diabetes ,Asthma or Arthritis in your family then your mouth health will suffer sometimes with bleeding gums or a dry mouth. But the good news is that this can be helped with regular visits to the hygienist every 3-6 months.

Teresa and Laura our Hygienists will monitor and remove any hard plaque off your teeth and the bacteria that live in it. They will then work with you by giving you tips on how to keep the soft plaque from building up on your teeth until your next visit. So a nice healthy mouth means a nice healthy body.

The good news is if you haven't got a dentist or your own dentist hasn't got a Dental Hygienist then you can see one of ours. You don't even have to be a member of the practice to see the hygienist. Please take a look at our website to see all of the services we have available to you:

[www.whitefielddentalpractice.co.uk](http://www.whitefielddentalpractice.co.uk)

## NEW AND NERVOUS PATIENTS

We are taking on new patients so if you know anybody who is looking for a dentist please tell them about us! If they have been putting off going to the dentist because they are very nervous we also offer sedation. Dr Q is excellent with nervous patients. She is so gentle and has such an easy going nature that puts you at ease

and quite a few patients who attend the practice have overcome their fears and no longer need sedation! We have been told that there is a very nice, easy going atmosphere at the practice and it 'doesn't feel like coming to the dentist!' Don't forget that if you refer somebody you will receive a £20 voucher of your choice.

## FACIAL AESTHETICS TREATMENT

Dr Q has now completed an advanced course in facial aesthetics which means that as well as frown lines, crows feet and lip fillers we now offer cheek enhancement, turkey neck treatment and treatment for excessive underarm sweating (hyperhidrosis). Following a consultation which is £30 (this is refundable if you go ahead with treatment). Prices are as follows:

### JUVADERM FILLERS

<b>Juvederm 2</b> (lips/nasolabial folds).	£200 per syringe
<b>Juvederm 3</b> deeper nasolabial folds, heavy smokers lines.	£300 per syringe
<b>Juvederm 4</b> cheek enhancement	£250 per syringe

### AZZALURE (BOTOX)

<b>1 area</b>	£100
<b>2 areas</b>	£200
<b>3 areas</b> (special offer - should be £300)	£250
<b>Turkey neck</b>	£300
<b>Excessive sweating</b> (Hyperhidrosis)	£450

**Would you be interested in taking out a monthly plan for facial aesthetics by direct debit?**



## STAFF PROFILE



Carol

Carol our extremely well groomed receptionist is generally the first person that you meet or speak to when you arrive at the practice. Many of you complement the air fresheners in the practice when in fact most of the time it's Carol's perfume.

She joined our team not long after Dr. Q herself following her from the Manchester practice where they worked together and with her mad sense of humour fitted right in!

Starting off in dentistry as a dental nurse she found her niche on reception, even managing to touch type letters with her nails and as many of you know she provides the most important job within any business as the supplier of tea and coffee!!

Carol has been married to Clark, her childhood sweetheart for 28 years this year and they have a son Fred who is at Manchester Met in his last year of Film & Media studies and also works voluntarily a couple of days a week at 'Gaydio' radio station. He will be looking for a job soon so anybody who has any vacancies please let us know!

Fred is named after the late, great Freddie Mercury as Carol is a massive Queen fan and was lucky enough to see them live in 1986 on their 'Magic' tour at Maine Road and Knebworth Park.

Like the rest of us at the practice Carol likes to try and keep fit by going to aerobics twice a week but her main passion is for walking. Carol can walk for miles around a shopping centre and is unrivalled by many for her stamina when bargain hunting. Her motto in life is "it's too short not to buy those boots or handbag as tomorrow they may be sold out !!! So just get them if it makes you feel good"

**Favourite Colour** all her clothes are black with a hint of white or grey

**Favourite Drink** has to be lager top

**Favourite Holiday** absolutely adores Benidorm old town

**Most famous persons met** was friends with Tony Orange (Jason's dad!) and have met all the Orange family except for Jason!

Once got a kiss from 'Curly Watts after he appeared in We will rock you.

Met Alan Hansen at George Michael concert and saw Sue Pollard in a pub called the Belmont.

## Cfast

Cfast is a gentle, simple, minimally invasive way of straightening the front six top and bottom teeth.

Cfast can be completed in less time than conventional orthodontics as it focuses only on the front six teeth. Known as the 'social six' - the six front teeth that most influence your smile.

Known as the 'social six' the six front teeth that most influence your smile. The process is further enhanced with the use of special nickel-titanium wires which exert gentle pressure to force movement in the teeth. We use clear

brackets and tooth coloured wires so it is barely noticeable while you are wearing it.

It is £750 for a single arch and £1300 for both arches if you are a member of our plan. This special, introductory offer finishes end of May '14 so to take advantage book yourself a consultation, (which is £30 and is refundable if you go ahead with treatment) before it runs out.

Prices will then go up to £1300 for a single arch and £1900 both arches.

## Interest Free Credit

**For any treatment over £350 we offer 10 months interest free credit**

Subject to application

## Slattery's Competition Winner

Congratulations to Gaynor Collins who has won afternoon tea for two at the famous Slattery's. Thank you to everyone for taking part.

## Bury Hospice

Our patients raised £76.00 between September and December 2013 buying the beautiful hand-made cards by one of our patients, Celia.

## Easter Holidays

For Easter the practice will be closed from Thursday 17th April to Tuesday 22nd April. Dr Q will be off until Monday, 28th April 2014.

Dr Q will also be off Thursday 29th and Friday 30th May 2014.

Please ring the practice for full details of our emergency cover.

## Prize Draw

We will be running a prize draw at the end of May, June and July. The prize is Afternoon Tea for 2 at Slattery's so make sure you book in for a chance to win!! Please check Facebook and Twitter pages for details.

### PRACTICE OPENING HOURS

Monday to Thursday 9am – 5.30pm  
Friday 9am – 12.30pm

### LATE NIGHT APPOINTMENTS

We now offer late night appointments on Monday & Wednesday evenings (by appointment only)

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