

## Welcome to our Winter newsletter

Our aim is to update you on the happenings at the practice as well as featuring procedures to help improve your smile.



## Kimbolton Dental Studio

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## Be Mouthaware

and look out for the signs and symptoms of mouth cancer

As mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek, it's extremely important that we all know what to look out for.



Early detection is crucial. If any of these signs are noticed, please tell your dentist or doctor immediately.

## November is Mouth Cancer Action Month!

Mouth Cancer Action Month is a charity campaign which aims to raise awareness of mouth cancer and make a difference by saving lives through early detection and prevention.

In the UK, more than 7000 people were diagnosed with mouth cancer last year. The disease has grown by a third in the last decade and remains one of very few cancers which are predicted to increase in the coming years.

Although there are risk factors heavily linked to the disease, mouth cancer can affect anybody – that's why it's so important that we all know what to look for.

Don't leave a mouth ulcer unattended for more than three weeks. Don't ignore any unusual lumps or swellings or red and white patches in your mouth.

Early detection could save your life. If you notice any changes in your mouth arrange an appointment immediately.

Find out more at  
[www.mouthcancer.org](http://www.mouthcancer.org)



## The Clear Way to a Perfect Smile

Do you have concerns that your teeth look crooked or crowded? Problems can go deeper than simply not having the confidence to smile. Straighter teeth are much easier to keep clean as there are far less areas for food to get stuck and trapped. Crowded teeth stain more easily and these stains are much harder to brush off yourself as it is hard for the bristles of your brush to get into the overlapping areas. Clear Aligners are a far cry from the orthodontics of old,

**How Does it Work?** A series of aligners are created based on a personalised treatment plan. The aligners work by generating forces which gently drive the teeth and cause them to move to the correct position.

**The Process:** Clear aligners are different to fixed braces as they are virtually invisible and removable. However, it is important that they are worn for at least 22 hours per day to produce the best results and should only be removed when eating and to brush your teeth and to clean the aligners.

### What are the benefits?

- Comfort – these aligners contain no metal parts and use gentle forces to move the teeth painlessly and there are no bands or wires to be tightened.
- Aesthetics – the aligners are virtually invisible so you can enjoy the benefits of treatment without worries about your appearance.
- Maintaining Oral Health – wearing some braces can increase your risk of food debris getting stuck; with clear aligners this is not an issue because you take your aligners out to eat. This also eliminates and anxiety about eating in public.

### Who are they suitable for?

Clear Aligners are suitable for anyone who would like to correct crowded upper or lower teeth, close gaps or improve the appearance of protruding teeth.

If you would like to find out more about clear aligners please call reception to arrange a consultation.



 ClearSmile  
ALIGNER

## Why go electric?

Dentists overwhelmingly recommend electric toothbrushes as the best way to improve oral health. Electric toothbrushes are more accurate, more consistent, and make many more brush strokes than their manual counterparts.



Plaque is fairly easy to remove for up to two days after it's started to build up. Philips Sonicare is an easy way to get rid of it – longer, more frequent brushing will remove it fairly quickly.

## Why Philips Sonicare?

Philips Sonicare removes up to 7x more plaque than a manual toothbrush. That's because it makes 31,000 brush strokes per minute, compared with a manual toothbrush's 300 brush strokes per minute. It also makes it far easier to keep the hard-to-access areas of your mouth clean.

At £50 each they make a great Christmas present too!

## Canceling Appointments

If you cancel without much notice or don't turn up for your appointment, we won't be able to offer this time to anyone else. Last month four and a half hours were wasted due to no shows.

If you cancel with as much notice as possible, we will ensure that your time slot is well used by someone needing it. Reminder: If you fail to attend or cancel your appointment with less than 48hrs notice, you will incur a fee of £35 per 20 minutes of appointment time.

We do send email and text reminders. This is an automated service and we cannot guarantee that you will always receive them so please do not rely on this service as your only way of remembering an appointment.

## Children's Teeth

It is important to start dental care at an early age. Bring young children with you to your appointments so that they get used to the noise, smells and surroundings.



Start brushing their children's as soon as the first one appears and it is recommended that children's brushing is supervised until they are at least seven.

## Holiday Time!

If you are taking some time away this summer and are a Denplan patient, remember that Denplan Care also provides cover for dental emergency treatment, whether you're in the UK or abroad.

Simply give them a call on **0800 401 402** and they will put your mind at rest and help take care of the details.

The practice will closed over the festive period between the following dates:

**From Thursday 21<sup>st</sup> December until Thursday 4<sup>th</sup> January 2018**

During this closure, patients experiencing severe difficulty can contact Marco on **07779 662579**.

Denplan registered patients also have the option to call the Denplan emergency helpline on **0800 844 999**. This service is available 24 hours, worldwide.

*Wishing you all a wonderful Christmas  
& very Happy New Year*

## Go Online



Like us on  
**Facebook**

Please visit our Facebook page and leave us a review.

Keep checking our website for the latest news  
**[www.kimboltondentalstudio.co.uk](http://www.kimboltondentalstudio.co.uk)**

You can also contact us via the website or  
find details of special offers

## Referrals

We are always pleased to welcome new patients to our practice. Most of our patients come from personal recommendations and we are most grateful to all our regular patients who refer their family and friends to us.

If you know of anyone who would like to join our practice do pass on our details. Please ask them to mention your name when they register with us so we can thank you for your support.