

Welcome to our Spring 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

52 High Street
Kimbolton
PE28 0HA

INTRODUCING A NEW DENTIST TO OUR TEAM

We are delighted to introduce our newest team member, Tom Hinsby BDS, who will be joining us in April.

Over the last few months we have been quietly looking for the “right” dentist to join our team, to enhance the care and services that we provide to our patients, whilst maintaining the standards that you have become accustomed to.

Tom is a very experienced and enthusiastic dentist who has been practising for over 20 years and has moved to Northamptonshire with his family.

We look forward to introducing our current and new patients to Tom and feel he will add a new and exciting dimension to Kimbolton Dental Studio.



Give yourself a sensational smile



Healthy teeth are essential for a beautiful smile and the key to achieving them is to brush, floss, eat well and visit your dentist regularly.

Use a quality electric toothbrush and fluoride toothpaste for two minutes twice a day. Don't stop at just brushing your teeth and gums - give the back of your tongue a good clean as well – it harbours loads of smelly bugs which are a major factor in causing bad breath. Ask us to advise you on the best sized toothbrush for you.

Spit but don't rinse. Rinsing after brushing reduces the effectiveness of your fluoride toothpaste so don't rinse it all away.

Flossing in Britain is still a minority sport but it is essential to clean between your teeth every day to remove the harmful bugs that not only cause gum disease, but can also be responsible for bad breath.

Lots of people find flossing very difficult so ask Marco at your next appointment for a lesson in the best way to do it.

Don't keep us a secret!

Now our new dentist Tom has joined our team we have room to welcome a few new patients and we would like to treat your friends and family.

If you know anyone who would value the service we offer, please write your details below and give them this newsletter to hand in at their first appointment. Alternatively, you can pop in & pick up one of our 'refer a friend' cards.

As a thank-you we will give you a £25 one4all voucher and your friend 10% discount on their first check-up. Or 15% discount if they join Denplan at the first appointment

For more information, please call the practice.

Your name:

Contact:

Go Online



Keep checking our website for the latest news
www.kimboltondentalstudio.co.uk

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

Don't let Easter ruin your teeth

Easter has always been a time to celebrate with family & friends. Originally involving the trading of eggs painted in bright colours, this tradition has evolved into a chance to gorge on something less healthy - the chocolate Easter egg. While it's an exciting time for children, Easter egg hunts and their sugary prizes can spell disaster for their teeth. So, how can you make sure you protect your child's teeth without ruining their fun?

Ensure chocolate is kept to mealtimes

It is not always the case of how much chocolate your child consumes, but mainly how often that causes oral health problems. By keeping the chocolate to mealtimes, means that the teeth can be cleaned after, preventing cavities which could be caused by sugar.

Give your child a glass of water after eating chocolate

This will help to produce saliva in the mouth, which will help to rinse away any plaque, bacteria and debris. A glass of water also doesn't contain any sugar, so is the healthiest option for your child to drink whilst washing down their Easter egg.

Monitor their intake

The longer amount of time chocolate is in the mouth, will produce more acids that cause tooth decay. Oversee your child's intake of their Easter egg, and give them small pieces that won't stay in their mouth for long periods.

Offer them other forms of treats than the traditional chocolate egg

If you wish to completely eradicate your child sugar intake from eating chocolate, you could offer them other fun alternatives. Why not swap chocolate eggs for fancy dress items or cuddly toys? Or you could take them on a day trip to the zoo or a fairground, as a special treat in the Easter holidays. Just make sure you don't let them indulge in other forms of sweet treats, like candy floss, that could harm their oral health just as much as chocolate.



Sparkle this Spring

Tooth Whitening is a very popular cosmetic treatment which can provide a huge boost to your confidence.

Unfortunately as we get older our teeth get darker. Certain foods such as tea, coffee and red wine, smoking, trauma to teeth and some antibiotics taken during tooth formation can also cause discolouration. Whitening can make them lighter again, bringing back that younger brighter smile!

Did you know that only dentists, dental therapists, dental hygienists and dental technicians working to the prescription of a dentist can legally perform tooth whitening?

Anyone else offering whitening such as beauticians etc. won't have the right training and knowledge, could permanently damage your teeth and gums and can't help you if something goes wrong!

We can restore the sparkle to your smile with Philips Day White home whitening system. To find out more, please call Kate & Emma on reception or ask at your next appointment.

This service is also available to non-patients of the practice so please pass on the news to your friends and family.



Practice Closure

We will be taking some holiday on the following dates:

From **Monday 10th April**

Reopening on **Tuesday 18th April**

What to do in an emergency

Out of hours, patients experiencing severe difficulty can contact Marco on **07779 662579**

Denplan registered patients have the option to call the Denplan emergency helpline on **0800 844 999**.

This service is available 24hours worldwide