

News

From The Savernake Forest Dental Practice

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Contact Details

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In an Emergency

In an emergency outside of our working hours all patients should phone the practice number and follow the instructions given. NHS patients can also phone the NHS Dental Helpline Number 111



Welcome to the summer 2016 edition of our Practice newsletter. In this issue we will be informing you of any changes within the Practice and details of our latest services and offers available to you.

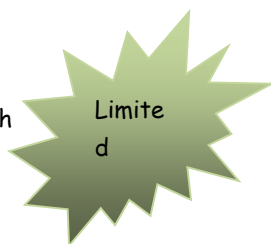
Cosmetic Dentistry & Facial Aesthetics

Open Evening

The practice is holding its first cosmetic dentistry and facial aesthetics evening. This is going to be held at the practice on the 21st July from 7-9pm.

If you are looking to improve your appearance we can help you with:-

- Perfecting your Smile
- Straightening your Teeth
- Teeth Whitening
- Replacing Missing Teeth
- Reducing Wrinkles
- Fuller Lips



Please come along and join us for wine and canapés. Due to **limited** availability please phone us to pre-book your **free** space.

Change of Whitening policy

Due to recent changes in our whitening policy, our reception team are no longer able to sell whitening syringes from the desk.

Please ask for top up syringes at the time of your appointment with the Dentist.

Team News

This year has certainly been a busy year so far for the staff at the Savernake Forest.

- We firstly would like to congratulate Nicola Pope our trainee nurse, on obtaining her Dental Nurse qualification.
- Two of our nurses, Susan and Theresa passed their radiography exam. They will now join Carly, Laura, Sarah and Jo in helping the Dentist take your X-rays.
- We are all very proud of Dentist Jonathan, on completing his 3 lake challenge for the New Life charity. New Life raises funds and awareness for premature babies.
- Our lovely nurse Laura is leaving us on the 12th August but this is for a happy reason. She will be going on maternity leave and she will be welcoming her new arrival mid September. We will of course keep you updated on the safe arrival.
- The practice joined Dentist Olivia in celebrating her marriage. She had a wonderful day even the sun was shining.



Stay in touch!

You can now follow us on Facebook and Twitter

We will be updating the sites with useful dental information and keep you posted on any offers.

You can follow us on twitter @savernakedental



Payments

We are sorry to inform you that the practice will no longer be accepting cheques.

You are able to make payments via credit card (except American Express), debit card and cash.

If you have an outstanding bill and do not wish to come into the practice, you can call us and we can take payment details over the phone.

Thank you for your cooperation.

Let's Get Sugar Smart for Children

With the school holidays on the horizon, we thought it would be a good idea to do a little article to educate parents and their children on sugar.

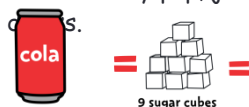
Tooth decay

Tooth decay is a common problem that occurs when acids in your mouth dissolve the outer layers of your teeth, but you can help prevent it by cutting down on sugary foods and drinks.

Sugar Facts

Children are consuming THREE times more sugar than they should be. The problem is that sugar is often lurking in our children's food and drink. The biggest source is sugary drinks.

Sugary drinks have no place in a child's daily diet. Around 30% of the sugar in a child's diet comes from sugary drinks such as fizzy pop, juice drinks, squash, cordials and energy



More sugar than anyone should have in a day!!

How much is too much?

4-6 years - 5 cubes of sugar max or 19 grams

7-10 years - 6 cubes of sugar max or 24 grams

11+ years - 7 cubes of sugar or max 30 grams



Watch out for fruit juices and smoothies!

Fruit juice and smoothies are sugary but still count towards your 5 A DAY, so remember to:

- Limit the amount to no more than 150ml a day
- Keep them to mealtimes as it can cause tooth decay

You can obtain more information on sugar, food and drink swaps and recipe ideas at

www.nhs.uk/change4life-beta/campaigns/sugar-smart/sugar-facts

NOW OFFERING INVISALIGN NEAR INVISIBLE BRACES

A smile can change everything!

Your confidence, your outlook, your life

With Invisalign, achieving the smile you always dreamed of doesn't have to be a big deal. In fact, it barely has to impact your day-to-day life at all.

Invisalign straightens teeth using a series of nearly invisible, removable aligners that are custom-made specifically for your teeth. As you replace each aligner every two weeks, your teeth will move - little by little, week by week, gradually moving towards the projected final position. Comfortable, clear and removable - Invisalign transforms your smile without disrupting your life.

Book your consultation NOW and get **25% OFF** treatment by calling 01672 512418 or email info@savernakedentistry.co.uk

This offer is limited to the first 20 patients who sign up!



A BIG thank you

We would like to thank all our patients for your recommendations.

Our new patient appointments are at their highest level.

Hidden Sugar in food

All measurements in spoonfuls mean a "rounded" spoonful, i.e. the same shape above as below the top of the spoon. One rounded teaspoonful of sugar weighs approximately 4 grams.

Product	One Portion Amount	Sugar per portion Amount in rounded teaspoons
Lucozade Bottles	1 Tumbler	4.5
Lemonade	1 Tumbler	3
Orange juice	1 Glass (diluted)	3
Ribena	1 Glass (diluted)	6
Tomato ketchup	2 Teaspoons	0.5
Milk Chocolate	Small Bar	6.5
Fruit Pastilles	1 small packet	7
Gingernut Biscuits	2 Biscuits	1.5
Fruit Yoghurt	1 small carton	4.5
Sugar Puffs	3 tablespoonsful	4
Baked Beans	Half medium tin	2.5