



Langmans Dental Health Centres

Welcome to our first patient newsletter. We will be producing this regularly to keep you up to date with practice news and the latest advances in dentistry and dental care.

NHS Changes

Many UK dental practices are finding themselves receiving less and less funding from the government which in turn means they have less budget to see patients on the NHS. We have found ourselves in this exact position and unfortunately had to stop accepting new patients on the NHS in June last year. We have also made the decision that patients who haven't attended for 2 years or more or who continually fail to attend appointments will also no longer be seen on the NHS. We are disappointed that we have had to make these decisions but without extra government funding, it was a necessity. If you have strong views about this lack of funding please do write to your local MP and voice your concerns.

Langmans Membership Plan

We are delighted to offer our very own practice membership scheme as we believe that high quality dentistry should be available to everyone. Our monthly payment plan has been designed to provide you with the best opportunity to maintain a healthy smile and minimise the need for future treatment through regular dental and hygiene visits. The plan costs £14.50 per month and provides:



- 2 dental check ups per year
- 2 hygiene visits per year
- 20% discount on private fees*
- Worldwide Dental Trauma & Emergency Insurance callout
- Redundancy protection for your monthly payments for up to 12mths

Please speak to any member of the team if you would like more information.

* exclusions apply



For practice news, advice and giveaways!!!



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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!

Langmans Dental Health Centres can restore the sparkle to your smile with Philips Zoom! In Surgery 1 Hour Teeth Whitening for immediate results.

To find out more, please ask any member of the team. This service is also available to non-patients of the practice so please pass on the news to your friends and family.

Feedback is important so we would love to hear from you. Please let us know what you think of our services and if you have had a good, enjoyable experience please tell your friends and family.

Starting Secondary School

For many children it's their last term in primary school before moving on in September.

One of the changes when starting secondary school is often the introduction of a wider variety of sports which are more competitive and offer more risk of getting a tooth knocked out.

Most schools should recommend purchasing a mouth guard to protect your child's teeth.

The best option is to have a mouth guard made by your dentist. An exact moulding of your child's teeth will be taken and this will be used to produce an accurate mouth guard made from high quality materials.

Cheaper alternatives are available however they are often ill fitting, uncomfortable and won't offer the protection that a custom made one by your dentist can. A single coloured mouth guard costs £45. Additional colours can be added at a cost of £5 each. Just book an appointment with your child's regular dentist for impressions and 2 weeks later you can come and collect the finished guard.



Staff News

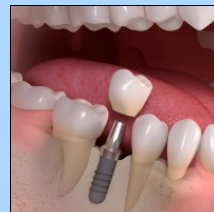
We are very proud of three of our dental nurses who have recently passed their National Diploma Dental Nursing Examination. Well done Laura, Chloe and Kirstie.

A big welcome to our new trainee dental nurses: Sophie, Becky, Charlotte and Angie and to Mandy our new receptionist.

Dental Implants

Dental Implants offer a modern way of replacing missing teeth. An implant is a small titanium screw that is placed into the jaw bone to replace the missing tooth root. This then acts as a base to support a crown, bridge or secure a denture firmly in place. The benefits include:

- Giving you a confident smile
- Restored functionality - you can chew and enjoy a wider range of food.
- No more loose dentures.
- They are strong, safe and reliable
- Preventing further bone loss from missing teeth.



Langmans Dental Health Centres have been placing dental implants since the year 2000. We also welcome referrals from other practices.

So if you have a gap from a missing tooth/teeth that you would love to see filled with a tooth, or have dentures that are giving you problems, ask your dentist how implants could help you!

New Website - Coming Soon

www.langmansdental.co.uk

Keep an eye out for our new website currently in development which will include a video of the practice. Here are a couple of the staff photos we have had taken for the new site.



**Do your gums ever bleed on brushing?
Do your gums look red and inflamed?
Have you sometimes got smelly breath?**

If you answered yes to any of these questions you need to see a hygienist as these are symptoms of gum disease which if left untreated can result in tooth loss.

Our team of hygienists Liz, Jo, Louise and Claire are here to keep your teeth and gums healthy. A hygiene visit will enable you to experience a much more intensive cleaning experience than you could manage at home and will leave your mouth feeling clean and refreshed. You will also be shown how to refine your oral hygiene technique and prevent bad habits from forming. Regular hygiene visits can also reduce the risk of a number of common dental problems.

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