



Langmans Dental Health Centres

Tips for a healthy mouth:

- Brush twice daily - Did you know that it is better to brush before breakfast unless you have time to wait an hour after eating? This is because some food and drink soften the enamel and brushing it whilst soft will cause damage.
- Use a fluoride toothpaste which helps to protect your teeth. Leave a trace on your teeth after brushing by spitting and not rinsing with water.
- Use floss or inter dental brushes daily - it's important to clean every surface of your teeth not just the front and back.
- Visit us regularly as this will help you avoid bigger problems down the line. Your dentist will advise you on how often they want to see you as this varies for each individual.
- Cut down on sugary food and drink and try and have them at meal times only.
- Stop smoking



Staff News



Dr Margaret McLoughlin is now on maternity leave and we are looking forward to hearing her baby news soon!



To help cover Margaret's maternity leave we are really pleased to welcome back Dr Grainne Quirke. Grainne worked with us in our Alcester Road practice 3 years ago.



Dental nurse Kim and apprentice dental nurse Alex have also joined the team and are currently working in the Stratford Practice.

Spreading The Cost

We understand that sometimes there are dental treatments you would love to have or more expensive cosmetic options you would prefer to choose, but that cost is a big factor.

We are pleased to be able to offer 0% interest loans on certain treatments, subject to status.

Our Zoom Tooth Whitening for example could be paid for over 12 months at £33.25/month.



Remember to like our Facebook Page:



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Cosmetic Restorations

A great smile can make a massive difference to the way we look and feel about ourselves and even how people react to us. Here are some of the cosmetic treatments we provide to help you get that perfect smile:

- **White Fillings** - Tooth coloured fillings are becoming increasingly popular. They restore function to the tooth as well as giving a natural appearance.
- **Composite Bonding** - Using the same material as white fillings composite bonding can be used to repair chipped teeth, lengthen teeth, close gaps and change the shape of teeth.
- **Veneers** - These are a porcelain layer that fits on the front surface of a tooth to mask imperfections.
- **Cosmetic Crowns** - Made purely from ceramic these crowns look like natural teeth and avoid the dark line at the gum margin that can appear with porcelain fused to metal crowns.
- **Invisible Braces** - Clear aligners are used to gradually straighten teeth - see overleaf.

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.

Our own dental laboratory is opening in September

As part of our continual commitment to provide our patients with the best level of dental care we have invested in an in-house laboratory to enable us to create your dentures, mouth guards etc.. on site.

What does this mean for you?

- Same Day Denture Repairs.
- Speed and Efficiency - our technicians are here when you need them.
- Fewer Adjustments - dentists and technicians are able to work side by side giving greater control.
- High Quality - we ensure our high standards of dental treatment are also met in our lab.



Airflow

Have you tried our new Airflow stain removal and polish treatment?

We have been hearing lots of 'WOWS' following this treatment.

Airflow is a new oral hygiene treatment that will leave your teeth feeling smooth, clean and sparkling.

It's only £50 for a full mouth clean and Airflow Polish. Why not give it a try!

When Accidents Happen

Unfortunately the summer months are when we see the most dental injuries. The most critical situation is when a permanent tooth is knocked out. If this should happen this is what to do:

- Pick up tooth by crown (tip) and do not touch the root.
- If clean try and reinsert into socket and go straight to your dental practice.
- If dirty or you are unable to reinsert put the tooth in a glass of milk or hold in mouth and again go straight to your dental practice. Do not wash the tooth.

It is vitally important for the tooth's survival that you go straight to your dental practice.



Teeth Straightening

Orthodontic treatment isn't just for children, but many adults don't want years of braces and choose not to straighten their teeth in preference to long term orthodontics.

Advances in dental technology now gives us the ability to straighten teeth at a fraction of the time and cost of long term solutions.

We are pleased to offer teeth straightening using a series of invisible braces that gently align the teeth in stages.

These positioners are excellent at straightening out overlapping, crooked and gappy teeth. Your dentist will be able to advise if these would be suitable for you.



BEFORE



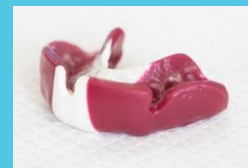
AFTER

Don't Forget to Put a Mouth Guard on Your Back to School Shopping List!

The British Dental Association recommends that anyone involved in contact sports or activities with moving objects should wear a custom made mouth guard to protect your teeth, bones, lips and to help prevent concussion.

Our mouth guards are made on site in our dental laboratory. Prices start from £45 for a single colour.

Please don't take your teeth for granted - book in and see us before going back to school.



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