

# Langmans Dental Health Centres

## Keep Your Mouth Healthy This Summer

- If you are due a check-up it's best to get seen before you go away. Any potential problems can be identified before you go.
- Don't forget to pack your toothbrush and stick to your usual dental routine - brushing twice a day and using floss/interdental brushes.
- Ensure you drink plenty of water - don't forget tap water abroad may not be safe to drink. You may be advised to use bottled water.
- Protect your lips. By applying sunscreen to your lips you will be helping to protect your mouth from harmful UV rays.
- Take a spare set of dentures. Many sets of dentures are lost on holiday so taking a spare pair is always a good idea.
- If you do a lot of travelling and aren't already on one of our membership plans, it is worth looking at the worldwide dental trauma and emergency insurance cover they include.



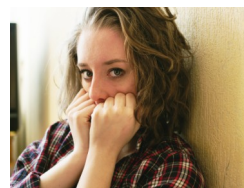
## Have you tried Air-Flow?

Many of our hygiene patients are now choosing to include the Air-Flow Polish in their hygiene visits. At only **£8.50** more than a standard hygiene visit, patients are telling us the benefits definitely outweigh the additional cost.



Air-Flow is also highly recommended for patients with fixed orthodontic appliances. It is much harder to thoroughly clean teeth when wearing braces. Regular Air-Flow treatments will remove all plaque and ensure teeth remain clean and healthy during orthodontic treatment.

For a fresh, clean, dazzling smile why not try Air-Flow for yourself at your next hygiene appointment.



## Are you a nervous patient?

We understand how a dental phobia and nerves can affect you.

One of the treatments we offer is dental sedation which can help to relieve anxiety and overcome fear.

Sedation is pain free and you will remain conscious throughout, enabling you to cooperate with the dentist. However, afterwards you may not remember much (or anything at all), about what went on.

Sedation can be used for patients that suffer with a gag reflex, fear of drills and needles, for long treatments etc. To find out more ask to speak to our sedation dentist Dr Margaret McLoughlin.



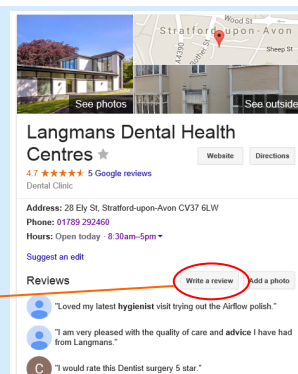
## Please leave us a review

If you are happy with the treatment and service you have received we would be very grateful if you could leave a Google review for the practice.

By leaving a review you help us to improve as a dental practice and you also help other people who are looking to find a dentist. It's very easy to do.

Type 'Langmans Dental Health Centres' into Google. On the right hand side it will show information on the practice, click on "write a review"

We really appreciate you taking the time to provide us with feedback.



## New Practice Membership Plans

Our current Practice Membership Plan of two dental examinations and two hygiene appointments per year has proved a very popular way of spreading the cost of routine appointments. To meet the needs of our patients who have different dental requirements, we have now introduced an additional plan. Your dentist will recommend the plan best suited to your needs.

Our monthly payment plans have been designed to provide you with the best opportunity to maintain a healthy mouth and minimise the need for future treatment through regular dental and hygiene visits.

Both plans cover you for your regular check-ups and hygienist visits including Air-Flow (frequency dependent on plan type), as well as including 20% discount on routine treatment, routine x-rays, worldwide dental trauma and emergency callout insurance and redundancy protection for your monthly payments for up to 12 months.

	Classic £14.50/mth	Enhanced £21.50/mth
<b>Appointments</b>		
Number of Dental Examinations per year	2	2
Number of Hygiene Appointments per year Includes Air-Flow Polishing Treatment	2	4

## Introducing Hygiene Plans

We have also introduced Hygiene Only membership plans which enable our NHS patients to spread the cost of their private hygiene appointments over the year, as well as benefiting from world-wide dental trauma and emergency callout insurance and redundancy protection for your monthly payments.

	Classic Hygiene £8.20/mth	Enhanced Hygiene £16.40/mth
<b>Appointments</b>		
Number of Hygiene Appointments per year Includes Air-Flow Polishing Treatment	2	4



### Do you or your child play contact sports?

With the end of the school year in sight it's time to start thinking again about mouthguards for the Autumn term. We all take our teeth for granted. Often it's only when faced with the reality of losing one that we realise how important they are. Accidents do happen and though rare, the loss of teeth can be very traumatic.

It's a sad fact that many people playing sports are losing teeth unnecessarily either by not wearing a mouthguard or by using one that doesn't fit properly. The British Dental Association advises that custom fitted mouthguards should be chosen.

All of our mouth guards are made on site in our dental laboratory. They are made from an exact mould of your teeth, carry CE certification, have high impact protection and come in a variety of colour/pattern choices. Choose colours to match your school/club colours or simply pick your favourite colour.

We will be holding **Mouthguard Impression Days** in the summer holidays on 4th and 18th August 10am-4pm where you can call in to the Stratford Practice to have impressions taken. Your mouthguard will be ready to collect a week later. If you can't make these dates then give us a call and we will make you an appointment that suits. These days are open to all so please tell your friends and family.



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