



Summer 2023

Mouthguard Impression Days - 27th July and 31st August

As a parent, it is natural to be concerned about your child's safety during sports. Providing them with a properly fitted mouthguard can give you peace of mind, knowing that you have taken an extra step to protect their oral health and reduce the risk of injuries.

A properly fitted mouthguard is crucial for optimal protection and comfort. A custom fit mouthguard from a dental professional will ensure you have the appropriate type and size of mouthguard for your child, providing the desired level of protection.

Dentist Anne-Louise Langman will be at the Stratford Practice on the afternoons of the 27th July and 31st August to take impressions for anyone needing a mouthguard. If your child already has one, please check that it still fits and is comfortable. Children's mouths and jaws are continuously changing as their permanent teeth come in and their facial structures develop. As a result, a mouthguard that fits well initially may become too tight or uncomfortable after some time, potentially affecting its effectiveness and the child's willingness to wear it.

Special On the Day Prices will be:

Junior (Primary School) - £35

Tough Stuff (Secondary School) £65.60 - £72 depending on design choice

Rock Solid (Senior/Club) £72 - £80 depending on design choice

Please call 01789 292460 to book an appointment.



Major Surgery - Did you know?

If you have had major surgery it is important that you do not come in for your routine hygiene appointment until 12 weeks have passed. Dental procedures such as teeth scaling can introduce bacteria into the bloodstream, which may pose a risk of infection.

We would however, recommend that you see a hygienist prior to any major surgery. Dental infections or inflammations, such as gum disease or tooth decay, can potentially increase the risk of infection during and after surgery. Addressing these issues before the procedure can help reduce the likelihood of complications related to infection.

New Team Members

We are delighted to have a few new staff members since our last update as follows:

Dentists:

Ravinder Singh - Wellesbourne & Stratford

Hygienists:

Lauren Palmer - Stratford
Jenny Whittaker - Wellesbourne

Practice Plan Membership

Are you aware of the patient plans we have to offer at the practice?

By joining our private membership plans it helps you spread the cost of your routine appointments - your dental check ups & routine hygiene appointments. It also includes 10% discount off some treatment* and worldwide assistance cover.

We find that patients who join our plan, regularly attend their routine appointments at their set recommended recall. This means we can detect any issues before they become bigger problems.

The worldwide assistance is there for you should you have a dental emergency when you're away from home. It covers you to receive emergency treatment that will help relieve your dental pain.

We offer combined exam/hygiene plans as well as hygiene only plans.

Speak to a member of the team to find out more.

*Discount not applied to implants, orthodontics, tooth whitening and extra hygiene appointments. Discount is only available for our combined exam/hygiene plans not hygiene only

Smile...Straighter!

Did you know?

- We offer FREE Invisalign Consultations?
- We offer Interest Free Finance?

So don't delay, start your straighter smile journey today!

Call 01789 292460 to book an appointment with one of our Invisalign Providers.



If you have visited us recently we would really appreciate it if you could leave us a Google review Thank you!!!



Tips for looking after your teeth this summer

- **Stay hydrated:** Drinking plenty of water is essential, especially during the summer months. Water helps keep your mouth moist, washes away food particles, and promotes saliva production, which is crucial for neutralising acids and protecting your teeth against decay.
- **Limit sugary and acidic beverages:** Summer time often involves consuming sugary drinks like cola, lemonade, and sports drinks. Try to limit your intake of these beverages as they can contribute to tooth decay. Opt for water or unsweetened drinks instead. If you do indulge in sugary or acidic beverages, use a straw to minimise direct contact with your teeth.
- **Snack wisely:** Summer may tempt you with an abundance of ice cream, lollies, and other sugary treats. While it's okay to enjoy these treats occasionally, be mindful of your consumption.
- **Practice good oral health habits while traveling:** If you're traveling during the summer, maintain your oral health habits on the go. Pack a travel-sized toothbrush, toothpaste, and floss to ensure you can continue brushing and flossing wherever you are.



Have a great summer!!

