

Creating Smiles

www.alexandradentalcare.co.uk
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Welcome to our practice newsletter. Our aim is to update you on the happenings at the practice as well as featuring procedures to help improve your smile.

Dental implants proved to be life changing

People often tend to lose their teeth either through dental trauma, decay, gum disease or old age. Whatever the reason, they need to be replaced for both cosmetic and functional reasons. Replacing any number of teeth, from a single tooth to a complete set, implants can provide a longer term solution, slow down bone loss and preserve nearby tooth tissue.

One of our patients, Mrs Dolman, can't imagine going back to her life before implants. Losing her front teeth led her to undergo implant treatment at Alexandra Dental Care. Here she explains her story:

"I considered the possibility of dental implants many years ago when I lost my front teeth, but finances at the time did not allow for this. I went for the cheaper option of a dental plate which I always hated; even my husband was not allowed to see me without my teeth in place! In the end, I decided I wanted implants before I retired.

I approached Dr Savva, who, through detailed discussions, advised me that implants were my best option and we commenced straight away. As a long-standing patient of Dr. Savva, I wish to place on record my complete satisfaction with the procedures carried out and treatment I have received from him. He is courteous and professional in his approach and very reassuring. His attention to detail and standards of hygiene are second to none, and these high standards are mirrored by his team. The pride he takes in his work is obvious, and this is borne out of the fact that my implant treatment has been faultless as far as I'm concerned.

I am delighted with my new teeth and no longer have to be seen without front teeth, which is a major confidence booster for me. I am now able to eat properly using the whole of my mouth which I haven't been able to do for a very, very long time. I have complete faith and trust in Dr. Savva and know whatever he undertakes he will do so to the highest calibre and will always place his patient's wellbeing at the forefront of any proposed treatment."

If missing teeth are causing you pain, discomfort and embarrassment, ask us how dental implants could be the solution for you.



Extended opening hours

Monday:	8.00 am – 8.00 pm
Tuesday:	8.00 am – 6.00 pm
Wednesday:	8.00 am – 6.00 pm
Thursday:	8.00 am – 7.00 pm
Friday:	8.00 am – 6.00 pm
Saturday:	9.00 am – 1.00 pm

Vicky our hygienist is now available on a Saturday morning from 9.00 am – 1.00 pm.

Team news

Promoting good oral health in children

Jo, our Oral Health Educator has been out and about visiting local nurseries and schools to promote good oral health in children from as young as 3 to junior school. Oral health is covered by the National Curriculum in schools by children in year 3 and Jo always makes it as funny and interesting as she can. Jo often takes a mountain of sugar out with her on these visits or sugar cubes so the children can learn about the hidden sugars in lots of foods and drinks that we have daily.



Congratulations to Stacey!

Well done to our Dental Nurse Stacey Clifford who passed her level 3 Diploma in Dental Nursing in November.

Free Prize Draw

We have launched a monthly FREE prize draw to win £50 vouchers and electric toothbrushes!

To enter all you have to do is submit a Google review about the care you have received at the practice, it can be as long or as short as you want. To provide a Google review, just do a

search for 'Alexandra Dental Care, Swadlincote' and it will show an option to 'write a review'. It's as easy as that, so please provide feedback for a chance to win goodies!



ROLL BACK THE YEARS

Dr Yasminde Virdee is welcoming any patients who are interested in anti-ageing treatment. Yasminde completed her training in anti-wrinkle treatment and dermal fillers at the highly respected K&T Training on Harley Street, London, enabling her to carry out these treatments safely and effectively. We can help treat:

- Forehead lines
- Frown lines
- Crow's feet (eye wrinkles)
- Nose to mouth lines
- Lip volume/shaping

We offer a FREE consultation with Dr Virdee, where we will assess and discuss all your needs.



Does your crooked smile affect your confidence?

Do you want straighter teeth but are concerned about the cost? Invisalign® is the barely invisible brace that can give you that perfect smile.

We offer finance facilities to make achieving your dream smile more affordable. (Terms and conditions apply.)

There is a full range of adult orthodontics available at Alexandra Dental Care:

- Invisalign®
- Quick Straight Teeth®
- Six Month Smile™
- Inman Aligner™.

We can discuss your requirements and determine which would be most suitable for you, please ask for a FREE consultation and begin your journey towards a beautiful smile.



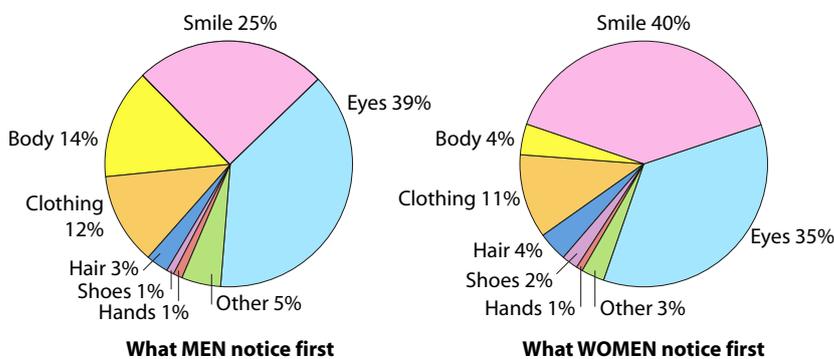
E-cigarette advice

E-cigarettes have been increasing in popularity and availability in recent months and concerns have been raised around their safety. Most e-cigarettes still contain nicotine, which is addictive and has been shown to increase gum disease, leading to the early loss of teeth.

For people who currently smoke tobacco, e-cigarettes have been shown to be a useful stepping stone in helping to cut down or quit smoking. Further information is needed to determine the long-term effect of some of the chemicals contained in e-cigarettes on a person's health. Based on current information they are a better alternative to smoking tobacco or for use in stopping smoking.

If you would like further information on e-cigarettes or alternative methods on stopping smoking, please seek advice from your dentist or GP.

What we notice first



Please talk to us and we can advise on the best solutions to help you achieve a smile you can be proud of.

Did you know we can now offer patient finance over a period of up to 18 months? This can help to make your dental treatment even more affordable. The Alexandra Dental Care Team are available to discuss payment options.

Did you know?

Adults who only brush once a day are a third more likely to develop tooth decay.

We ask our patients to brush their teeth for 2 minutes, twice a day.

That's just 4 minutes out of 1440 minutes in a day.

