

ALEXANDRA

DENTAL CARE

Creating Smiles

www.alexandradentalcare.co.uk

01283 216347

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.



Scared of the dentist?

If you are nervous or anxious about visiting the dentist, don't worry you are not alone. Many patients are nervous due to treatment they have received in the past or have a phobia of visiting the dentist. Here, D. Bishop, a patient at Alexandra Dental Care shares his story about his own dental phobia...

"My case of dental phobia, and of needles in particular, had grown gradually more extreme, and was having a negative effect on both my physical and mental wellbeing. Having not visited a dentist regularly for over a decade, minor issues with my teeth were allowed to escalate until the pain became excruciating and I was forced to go to an emergency dentist. In the end I was reduced to patching up my own broken and decaying teeth with temporary filling material from the pharmacists, leaving me unable to eat anything other than the softest of foods.

My phobia was also having an effect on my mental health. The condition of my teeth, and the knowledge that I would eventually have no option but to see a dentist was constantly on my mind.



If you suffer from a dental phobia, then talk to us about how we can help you to receive dental treatment. We'd be happy to discuss your options with you. Simply call us on 01283 216347.

I would be forever checking my teeth in the mirror, and poking about at them both at work and at home. I developed a stammer, which would surface when talking about dentists, as well as a nervous tremor. It was clear something had to give, and I began to ask around, both friends and on the internet, to find a dentist who might be able to help me. By this stage, I considered myself a hopeless case. One name kept coming up – Dr Yogi Savania.

I was always worried that any dentist I chose would fail to understand why I was so scared, or would make me feel silly for having left it so long. However, Yogi was so reassuring it made me wish I had taken this step years earlier. He not only explained, he listened. He told me how at any point I felt I needed him to pause the treatment I could signal and he would stop. He would periodically stop to make sure I was okay, and to advise me how to relax, and even how to breathe normally to help achieve this.

The next big step came after two or three visits – a local anaesthetic for a crown preparation. My dental phobia had been improving with every visit as I built an implicit trust in Yogi and his team, but my fear of needles remained. I have had painful experiences of this in the past and was literally rigid with fear as Yogi went about his business. The next thing I knew Yogi was saying, "We'll just wait for that anaesthetic to take effect." I didn't fully comprehend those words at first. Hang on, has he already stuck the needle in? I hadn't felt it. I took quite some convincing he had done so, but for the rest of that session, with the scary part over, I was so relaxed I almost fell asleep! That convinced me beyond all doubt that I was being treated by a dentist at the very top of his profession. I left that day with a huge sense of achievement, and thinking to myself how great the feeling was of casually visiting a dentist for treatment - just like a regular guy!"

Opening times

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

Busy at work?

To help our patients who struggle to fit their dental appointments in around work commitments, we are now open two evenings a week on Mondays and Thursdays, as well as on Saturday mornings. We are also pleased to welcome our Hygienist Vicky back to work following her maternity leave. Vicky will be available on a Friday morning and on a Saturday between 9.00 am and 1.00 pm.

Spread the cost

of your dental treatment

We can now offer **interest-free finance** to our patients **over 18 months**, helping you to make your dental treatment even more affordable. To discuss the options available to you, ask a member of the team.

Are you a nervous patient?

Here at Alexandra Dental Care, we understand how a dental phobia and nerves can affect you. We offer sedation which can help to overcome fear and relieve anxiety, increase relaxation and hopefully put you at ease during your treatment. Sedation is also pain-free and enables you to have more treatment done in a session, therefore leading to fewer appointments!

Our sedation is administered intravenously and can be used for oral surgery, long and/or complex treatments, implant placement, patients that suffer with a strong gag reflex and fear of drills and needles. For more information about how we treat nervous patients, please ask to speak to Natalie Wheeldon, Sedation Nurse or George Savva, our Sedation Dentist.



National Smile Month 2014

We always like to be involved in National Smile Month which this year ran between 14th May and 14th June. This year we ran a competition to win a Philips Sonicare electric toothbrush. Keep a lookout for future competitions on Facebook and Twitter.



Transform your smile with CLEAR BRACES

Yogi is a gold provider of Invisalign®, the alternative to fixed metal braces. They can be used to straighten teeth using a series of nearly invisible aligners that are custom-made to your teeth for comfort. As you replace each aligner every two weeks, your teeth will move gradually towards the final projected position as prescribed by Dr Yogi Savania.

Unlike fixed braces, you can remove the aligners and put them back in again at any time, so you end up with the straight new smile that transforms your life.

Unlike traditional fixed braces you have control over your treatment meaning you can eat and drink what you like. Invisalign® aligners are also very easy to keep clean allowing you to maintain good oral hygiene. Why not ask our Hygienist Helen about her own Invisalign® treatment?

To book your own FREE consultation and move one step closer to achieving your dream smile, call us today on 01283 216347.



Thank you from George Savva

Together with all of the team, George would like to thank all of our patients for being patient and understanding during the six weeks that George had to take off work to recuperate following his major back surgery in June/July of this year.

We are glad to say George is fully recovered and now back to work as normal.

Team news

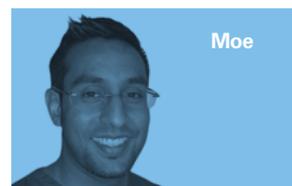


Yasminder

We are sad to announce that Meera Karia will be leaving us in October 2014 to work in Australia after working with us for five years. We wish her all the best on her new adventure.

We are delighted that Yasminder Virdee will be returning to work with us.

She will be looking after Meera's patients and has a keen interest in cosmetic treatments and anti-wrinkle treatment.



Moe

Moe Issa will be joining us on a permanent basis. Moe teaches at Sheffield Dental School and as an Honorary Speciality Doctor at the Glenfield Hospital. Moe has completed a three year Masters of Clinical Dentistry in Periodontology (gums and their supporting structures).

This has given him the knowledge and ability to deal with the management of gum disease and gum related problems and conditions.



George

Also George Hopkin is joining us from Leeds. He has a keen interest in dentures and restorative dentistry and he enjoys helping patients to improve their oral health.

Check out our new website packed full of useful information about your practice.

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Mr. George Savva BDS(Lon) Dip Imp Dent RCS (Eng) & Associates
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