Creating beautiful, straight smiles

Invisalign® tooth straightening treatment is a fantastic option for many patients who are daunted by treatment due to unsightly, metal braces. This treatment implements clear aligners to treat crooked teeth in a discreet way.

Our patient was unhappy with her crooked teeth and was referred by her own dentist for tooth straightening. Invisalign® was the preferred option, as it’s the least visible and most comfortable orthodontic treatment for many.

But don’t take our word for it - read for yourself how she felt about the treatment:

"I wasn't very confident when I smiled before treatment. If I had a photograph taken I would never show my teeth.

The care was outstanding and all the team were supportive. If I ever had any issues or problems, they would accommodate me and fit me in at times convenient for me. The treatment was straightforward and caused no pain.

I'm so happy with my teeth now, I can't believe the difference in the before and after pictures. It has definitely made me more confident!

My advice for anyone else who is unhappy with their smile is just speak to your dentist who can talk through your options and what is available. The treatments fit in with your life more than you can imagine.
"

This result was achieved with just 10 months of Invisalign® treatment.

Sound interesting? Book a FREE consultation with our Treatment Coordinators to see how your smile could be improved.
DIY dentistry and the horrors of home veneer kits

In recent years, there has been a rise in internet sites offering instant smiles in the form of ‘clip on veneer’ kits. These postal kits bypass the dentist, requiring you to take moulds of your teeth at home and then sending them to the company, whereby you’ll receive your clip on veneers via the post shortly after.

Home dental kits pose a real risk to your dental health and the practice has seen first-hand the physically damaging effects the kits can have, as well as causing emotional stress.

This extremely distressed patient approached the practice for help after the impression material from one of these kits became cemented to her teeth, despite following the instructions enclosed. She had been turned away from two hospital A&E departments as doctors feared the removal of the material would cause her teeth to fall out.

The patient tried to contact the company she purchased the kit from but shockingly no answer. She had to spend a whole weekend with the impression material stuck to her teeth, rendering her unable to eat or drink properly. Thankfully, the impression material was finally cut off safely by Dr Savania.

Carrying out dental examinations to check you’re dentally fit is an important part of the process when embarking on any kind of dental treatment - these pictures demonstrate the dangers if this stage is missed. This patient was lucky to have not developed further infections or an abscess.

DO NOT RISK YOUR HEALTH! If you wish to make changes to your smile, contact us directly to ensure that your aims are met in the safest way possible.

Results are in!

**Friends and Family Test**

The practice has recently been auditing the results from our Friends and Family Test and it’s been wonderful to see lots of positive feedback from our patients. The Friends and Family Test is an NHS initiative designed to give patients the opportunity to provide feedback on the services they receive. Here are just a few of the comments:

**“Personal, friendly and expert attention.”**

**“Always explains well what I need doing.”**

**“Extremely efficient, friendly and helpful.”**

**Top marks for quality care**

We are pleased to announce the success of our recent inspection by the Care Quality Commission (CQC). The CQC are the independent regulator of health and social care in England, ensuring health and social care services provide people with safe and high-quality care. On inspection, the practice was awarded the maximum 5 ticks, deeming the practice to be:

- **Safe**
- **Effective**
- **Caring**
- **Responsive**
- **Well-led.**
Regain a radiant, youthful complexion

Facial aesthetics at Alexandra Dental Care can help reduce the appearance of fine lines and wrinkles, improving confidence in your appearance.

Using substances derived from a microorganism, we are able to temporarily relax the action of the muscles in the upper third of the face which typically cause 'crow’s feet' around the eyes, the horizontal lines in the forehead and the vertical frown lines between the eyebrows.

This is a very simple and effective treatment in the hands of a qualified practitioner, giving you a fresh and rejuvenated appearance.

Dermal Fillers

These are hyaluronic acid fillers which are used to help smooth deep lines and restore facial volume lost through the body’s ageing process. Hyaluronic acid is a substance found naturally in the skin which holds water, hydrating and giving youthful volume to the skin.

These fillers can be used for the areas of the lower face to plump sagging skin, as well as soften lines and wrinkles to provide the four ‘R’s:

- Redefine
- Rehydrate
- Rejuvenate
- Reshape lips.

This minimally invasive, non-surgical facial aesthetic treatments can help you look and feel younger and is a field of aesthetics in which our dentist, Usha, has a special interest.

Come and see Usha for a consultation, advice and to discuss the treatments available.

Celebrating 21 years of quality dental care!

On 18th of November 2017, the practice celebrated its 21st birthday with a glitzy party at Amalfi Whites in Melbourne.

Local dentists, along with staff both past and present, joined in the celebrations and congratulated George and Yogi on their 21 years of dedication at Alexandra Dental Care.

Since taking over the practice in 1996, George and Yogi have gone on to transform Alexandra Dental Care into an award-winning practice with an award-winning team.

We look forward to what the next 21 years will bring and hope you will too!

November saw us celebrating a wedding at the practice, with our dental nurse, Terri, looking stunning as she said ‘I do’ to her husband Andy.

The ADC stork has been busy as well, with the practice welcoming three beautiful baby girls to the ADC team. Congratulations to nurses Sinead and Stacey and our dentist, Yas. Baby Aurora was first to join the team followed by Lexi and Luna.
Winner, winner!

Leave a review of our practice either at reception or online to be automatically entered into our monthly prize draw.

Here’s a few thoughts our patients have already shared:

“Best dentist I have been to. My dentist refused to see me as I was stuck in traffic, I phoned Alexandra Dental Care and they got me in straight there and then. The staff are amazing and I can’t thank them enough for seeing me at short notice. Glad I registered there on the day as I will only be using them from now on.”

G. Duff

“Friendly staff, good value with their practice plan and for me they always have time slots available outside of normal work hours which makes them very convenient.”

M. Dolby

Congratulations Sandy!

A huge well done to our nurse, Sandy, on passing the national exam in Dental Sedation. Sandy will now be joining George on the sedation team to help deliver the best possible care to our patients.

How she’ll be helping you...

Sedation is ideal for nervous or dental phobic patients as it can help to overcome fear and relieve anxiety, increase relaxation and put you at ease during your dental treatment. Our sedation is administered intravenously and puts you into a deeply relaxed state whilst allowing you to remain conscious. As well as helping to treat nervous patients, Sandy will be helping to administer sedation for various dental treatments including oral surgery, long and/or complex treatment and implant placements. This method is particularly beneficial for those with a strong gag reflex.

To find out more about sedation, ask your dentist or visit our website where you can read testimonials from our patients.

Ensure your child maintains a healthy, happy smile

We currently have NHS places at the practice for children under the age of 18.

Children are born free from dental disease, yet by adulthood many have experienced tooth decay or even tooth loss. Our aim is to provide children with the best dental care available to secure their dental health and promote preventative techniques from an early age. It is advised that children attend regular dental appointments from birth. This allows them to become familiar with the sights and sounds of a dental practice.

Don’t let children become a statistic - if you have friends and family with children who would like to register, please refer them to our practice.