



## Botley Dental Practice

# Newsletter

Spring 2012—Issue 1



National Smile Month  
20 May – 20 June 2012

National Smile Month is an annual oral health campaign that runs from 20th May to 20th June and aims to promote three important key messages to promote oral health:

- Brush your teeth for at least two minutes twice a day with a fluoride toothpaste;
- Cut down on how often you have sugary food and drinks;
- Visit your dentist regularly.

### Dental facts:

- Poor dental health has been linked to an increased risk in type 2 diabetes
- Direct links have been established between bacteria in the mouth and heart attacks
- One third of people in the UK still only brush their teeth once a day or less

### Ways to improve your oral health include:

- Clean between your teeth with interdental brushes or floss at least once a day
- Chew sugar-free gum in between meals to help protect your teeth throughout the day
- If you wear dentures, clean them twice a day

### Some reasons why you should keep up good oral health:

- A healthy mouth means a healthy body
- A healthy mouth means a healthy smile
- Your less likely to have bad breath
- The better your oral health now, the less treatment you will need as you get older.

## SPECIAL OFFER

*To coincide with National Smile Month, all new patients who book an appointment between 20th May and 20th June 2012 will receive **10% off** their initial exam (includes examination, scaling and 2x small digital x-rays, if required)*

*Please quote 'Newsletter Offer' when you book your appointment*

*All special offers are subject to times and availability*

## FOCUS ON—TEETH WHITENING

Teeth whitening can be a highly effective yet very simple way to whiten your teeth without removing any of the tooth surface. Here at Botley Dental Practice we offer three types of teeth whitening procedures, a tray whitening home system and Zoom® Tooth Whitening.

### Tray whitening home system

- Impressions are taken in the surgery and sent to a cosmetic dental laboratory for gum shields to be constructed
- The gum shields are worn with a gel every night, at home, until the desired whiteness is achieved
- If, after a few years, your teeth become stained / discoloured, the same gum shields can be used to undertake further whitening

### Evolution

- Works by increasing the tooth's permeability to oxygen that breaks down stain molecules
- A combination treatment which means there is a two week home treatment followed by a one hour visit to the dentist
- Effective in difficult cases of discolouration

### Zoom® Tooth Whitening

- 'Walk-in' teeth whitening undertaken in the chair
- Light-activated process using state-of-the-art technology to whiten teeth, on average, by eight shades
- The process is painless, safe and effective

## Teeth Whitening Special Offer

*We are offering £50.00 off ANY teeth whitening system until the end of July 2012.*

*Please quote 'Newsletter Offer' when you book your appointment*

*All special offers are subject to times and availability*

Botley Dental Practice provides a range of different dental treatments including dental implants, orthodontic appliances, cosmetic crowns and much more. We also have a hygienist at the practice.

**If you would like to take up any of the special offers or have any further questions please contact Botley Dental Practice on 01865 250214.**