

# Word of Mouth

BILLINGSHURST  
DENTAL PRACTICE

## Is your smile looking tired?

We pay attention to how we present ourselves by updating everything from our clothes and hair to our nails, eyebrows and even lashes. We wear our smile every day but does it look its best?

Our talented dentists employ a raft of modern dental techniques to boost any smile. We can whiten, brighten, straighten, smooth, perfect and improve - we offer smile transformations to suit any budget.

Take the opportunity to talk to our enthusiastic team and find out more about what can be achieved - modern dentistry has so much to offer. Even a thorough clean with our hygienist can leave you with a minty, fresh just-cleaned mouth and boosted confidence.

### Same day smile makeovers

We are firm believers in minimally invasive dentistry wherever possible and offer affordable, composite bonding that conserves healthy tooth tissue and naturally strengthens the remaining tooth.

## TWO SPECIAL OFFERS!

Refer a friend and receive £15 worth of high street vouchers! Our practice continues to grow thanks to your personal recommendations. If you like our service, please tell your family, friends and colleagues.

Summer Whitening Offer! Have your teeth sparkling for summer for only £299! (Normal price of £360) Offer ends 31st August 2017.

Summer 2017

This quick, painless and reversible technique is particularly useful when creating less invasive crowns, bridges and reconstructions, closing unsightly gaps and revitalising old or worn teeth, making them whiter.

Layers of super-strong and long lasting filling material is perfectly colour-matched

with your teeth and built up to look like natural teeth - with amazing results.



## A sneak peek at our makeover



We are happy to say that our refurbishment is now almost complete. We now just have the finishing touches to add.

The makeover included the replacement of toilet facilities, refurbished reception and waiting room, refurbishment of Christine

Carey and Nicola Ballard's surgeries, upstairs patient lounge, a decontamination suite to process and store all surgery instruments, and an office.

Thank you for bearing with us during this time and we hope you are as pleased as we are with the results.

[www.billingshurstdental.co.uk](http://www.billingshurstdental.co.uk)

# Spotlight on - teenagers!

Fluoride toothpaste and water fluoridisation has had a significant effect on reducing levels of decay in the UK.

But research carried out every ten years in the Child Dental Health Survey showed that in 2013 there were obvious levels of decay in 31% of 5 year olds, 34% of 12 year olds and 46% of 15 year olds.

It is clear from these statistics that our teenagers need extra help and encouragement when it comes to looking after their teeth. But what can parents do when their children hit that notoriously difficult age?

## Learning by example

Instilling good dental health habits in our children from an early age should certainly help make brushing their teeth twice a day seem like second nature. If they have always done this, the idea is that they will carry on, so start while they are still young!

## Cosmetic benefits



At this stage in their lives, teenagers start to care more than ever about their appearance. Having discoloured teeth was the biggest reason (33%) given in a recent survey for people feeling self-conscious about their smile.

There's nothing more attractive than strong, healthy teeth and regular visits to a dentist will help ensure their teeth stay this way.

Encouraging visits to a hygienist for a thorough clean and polish to bring back a natural sparkle to their teeth may help

your teen feel proud of their smile once again - and they may be more inclined to look after it.

## Paying for their own dental care

Cajoling and carefully worded suggestions work as well for toddlers as they do for teenagers. Mentioning that they will have to pay for their own dental care once they turn 18 (or 19 if they are in full time education) might just kick start regular tooth brushing!

Explain that the easiest, most effective - and cheapest - way to keep their teeth and gums looking great is to brush for two minutes twice a day using fluoride toothpaste.

## Chewing sugar-free gum

Chewing sugar-free gum after eating and drinking is a convenient way of looking after our dental health. It washes away food debris, helps to neutralise damaging plaque acids and re-mineralises tooth enamel by stimulating the flow of saliva which helps protect teeth.

## Fun facts released to raise a smile

The Oral Health Foundation released these 10 fun facts during National Smile Month. We hope you enjoy them:

**1** It takes 43 muscles to frown but only 17 to smile.

**2** A smile is top of the list of things we first notice when meeting a new person.

**3** More than half of us wouldn't tell a friend or colleague if they had bad breath in fear of risking a friendship.

**4** Our teeth and smiles are rated the second most important attractive feature by both men and women, only behind personality.

**5** More than half of us would share our toothbrush with somebody: 24% to our

partner, 18% to our child, 7% to a friend and even 6% to a celebrity.

**6** One in five of us cannot remember when we last changed our toothbrush.

**7** A toothbrush is the number one thing we cannot do without when we go on holiday.

**8** If we only had five minutes to get ready in the morning, one in 20 would skip brushing our teeth.

**9** Yellow is the colour that makes us smile the most, whereas purple makes us smile the least.

**10** Chocolate is the food that makes us smile the most, followed then by Sunday roast, a curry and a fry-up!

## Practice news

### Invisible braces

Did you know we offer Smileign, invisible braces? Please ask your dentist for details.

### Tooth whitening

We also offer tooth whitening. If you're interested, please ask your dentist - and look out for our offers.

### Dental implants

We now have an implant dentist, Jonathan Murphy, who is here once a month.

### Celebrations

We are celebrating long serving members of staff. Toni Richman has been here 30 years, Lorraine Britnell has been with us for 20, Helen Myson has clocked up 19 years, Chrissie Carey and Debora Wickens have been here 16 years, Nicola Ballard has been here 14 years, Kate de Groot, Sue Elliott, Rose Pepler and Andrew Wickenden have all been with us 11 years and Gemma Tully has been here 10 years. We thank our staff for their continued hard work and for creating a wonderful atmosphere in our workplace.

## Billingshurst Dental Practice

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### Opening hours

Mon: 8.30am - 5.00pm  
Tues: 8.30am - 6.00pm  
Wed: 8.30am - 5.00pm  
Thur: 8.30am - 5.00pm  
Fri: 8.30am - 5.00pm  
Sat: 8.30am - 12.00pm  
(one Saturday session per month)

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