

The tooth, the whole tooth and nothing but the tooth...

Coulsdon Dental Clinic

Newsletter

Winter 2016

Welcome to our newsletter. Our aim is to update you on what is going on at the practice as well as featuring Key dental advice to help improve your smile.

Recent changes at the Coulsdon Dental clinic

Firstly, we are changing the name of our practice to give it a new identity. From Family Dentist to **Coulsdon Dental Clinic**. Raman, who has been working in the practice since November and has just taken over as the principle Dentist taking over from Stella. Nadia continues as an associate Dentist to provide the same excellent dental care and services that her patients have been used to. You may see some new changes in the background but rest assured all the familiar and friendly faces are still here with some new ones coming in the new year and its business as usual.

“

I am excited to work alongside the dental team and bring a new edge to this wonderful practice. I enjoy working with my patients to provide the care that they need and to help them to look after their teeth and dental implants. I especially enjoy caring for nervous patients and I am pleased to be able to help them manage any treatment. I feel extremely lucky to become a permanent part of the Coulsdon community and welcome you to our practice.

”

Dr Raman Sandhu



Investing in the practice

We are constantly investing in our knowledge, equipment and the building to ensure that you get the best from your dental care at the Coulsdon Dental clinic. Proposed developments in the next 6 months:



- **Digital x-rays** significantly reduced x-ray dosages and at the same time enhanced imaging services for diagnosis.
- **Digital Records** All records will be digitised coupled with the digital x-rays and stored in encrypted drives ensuring the safety of your data.
- **Updated website** Designed with a fresh innovative appearance and plethora of features, user friendly navigation with the latest information about our services and dental health advice www.coulsdondentalclinic.co.uk. Go live date: <enter date>
- **Decorating** A new overhaul of the waiting and communal areas.
- **Treatments** We will now be offering additional private treatments including: implants, tooth whitening, anti-wrinkle facial treatments to name a few. Please see our website for further details.
- **Advancing** our knowledge. We are proud to have a team who are keen to improve their knowledge of dentistry. Raman (left) is studying for her diploma in Implantology from the royal college of surgeons and is proud to offer this service at our practice.

You are all Invited to Join us on our Open Day

Saturday 21st April 2017
10am till 2pm



- Oral health & Nutrition Advice
- Tooth whitening presentation
- Implant advice
- Membership plan options
- Finance solutions
- Free Samples
- Charity raffle
- Refreshments

Put the **sparkle** back
into your teeth

ONLY
£249

Offer ends 31st March 2017

Tooth whitening offer
Normally £295

Quote Ref: TW001

Solutions to missing teeth

Have you got one or more missing teeth?
Do you avoid eating certain food when wearing your denture?
Are you embarrassed by your smile or your loose denture?
Come and see Raman for a free no obligation consultation about dental implants.

What are some of the benefits of dental implants?

- Replacement teeth look, feel and function like natural teeth.
- Improved taste, appetite and cosmetic appearance.
- The ability to chew without pain or gum irritation.
- Improved quality of life.
- Reduction or elimination of bone shrinkage associated with loss of teeth.

Free Anti Wrinkle Treatment Consultation

Anti Ageing injections (botox) are now a popular treatment for facial wrinkles and facial rejuvenation. We are pleased to announce that we are offering free consultations. Please contact practice or speak to reception for further information.

Only floss the teeth you want to Keep...

Apart from brushing, the most important thing you can do for your teeth is to floss. You should floss at least once a day to maintain good oral hygiene.

Food and bacteria in these areas will eventually produce acid that will start to cause cavities. This acid will also emit foul smelling sulphurous compounds, the primary reason for bad breath.

The mucus like substance that bacteria live in is called plaque. Brushing removes plaque but it can be hard to clean between teeth with a conventional brush. Flossing also cleans below the gum line which can prevent the onset of gingivitis (gum disease).

Seek advice from our dentist and Hygienist. They are happy to check if you are flossing correctly.

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Spreading
the cost

Finance Available

One of the stumbling blocks when deciding whether or not to have more advanced treatments carried out can be the cost, or simply the ability to pay for it all in one go. You may not know but we can spread the cost for you with an interest-free payment plan, enabling you to pay for treatment over 10 months. Please ask at reception for more details.

New Website to be launched

- A new website is being launched, please check us out www.coulsdondentalclinic.com
- User friendly navigation
- Mobile friendly
- All the latest information about treatments with videos explaining dental procedures.
- Live Now.

60 second interview

Here are Coulsdon dental clinic we like our patients to get to know us a bit better so in this newsletter we find out a bit more about Rachel, our dedicated receptionist.

1. If you could be anything or anyone in the world, what/who would it be?
Lioness – King of the jungle!
2. What 3 things would you take onto a desert island
Sun Screen, Good book & wine
3. Your favourite food?
Italian
4. What is your favourite thing about working at Coulsdon Dental Clinic?
I love each and every one of my patients.
5. What is your favourite book?
The defined Prophecy

Practice Membership Plans

In this market, budgeting for your dental care becomes a priority for everyone who wants to be able to continue receiving the best preventive and aesthetic care. Our plans are designed for patients who wish to attend on a regular basis, to maintain excellent oral health throughout their lives and have the peace of mind that their dental care is covered. A preliminary assessment will take place by either Raman or Nadia and then they can discuss the best plan based on your requirements.

Please ask one of our staff for more details.

New extended opening hours

Busy during the week? We are going to be extending our hours on Friday and Saturday in the new year.

Evening appointments are available upon request.

Monday	08:00am – 6.00pm
Tuesday	08:00am – 6.00pm
Wednesday	09:00am – 5.00pm
Thursday	08:00am – 6.00pm
Friday	08:00am – 6.00pm
Saturday	08:00am – 13:00pm

For out of hours emergency call

020 8660 3308

www.coulsdondentalclinic.co.uk

contact@coulsdondentalclinic.co.uk

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