



EVOLUTION TOOTH WHITENING

Summer is here at last, and holidays are just around the corner. However there is still plenty of time to put a real sparkle in your smile to enhance that tan before you head for the sun!

Our new tooth whitening system 'Enlighten' appears to be living up to its reputation, with a large number of patients overjoyed with the results from the treatment. It involves 14 days home whitening combined with power whitening at the surgery.



Dental Implants



People lose teeth all the time, either through trauma when teeth are knocked out (athletes such as rugby players and boxers commonly experience this) or due to decay, gum disease or old age. Whatever the reason for losing your teeth they need to be replaced both for aesthetic and functional reasons.

What are they?

A dental implant is an artificial tooth root replacement and is used in prosthetic dentistry to support restorations that resemble a tooth or group of teeth.

Benefits

Once implants are in place they can improve your eating ability, speech and general appearance of the mouth. They do not damage the neighbouring teeth and are becoming the preferred method of replacement teeth.

Are Implants for me?

Patients need to have healthy gums, and enough jawbone to take the implants and support the replacement teeth. They must also be prepared to maintain good oral hygiene & visit the dentist regularly.



Approximately £2,500 Per Tooth

Constant Disturbed Nights Sleep? We Can Help!!



What Causes Snoring?

Snoring is noisy breathing that occurs as a result of partial obstruction to air way. It is usually due to the soft tissues of the palate, tongue and tonsils relaxing during sleep. Complete obstruction of the airway can also happen, this is known as Apnoea. Long-term snoring/ Apnoea can cause not only tiredness and irritability but also circulatory problems such as high blood pressure, heart problems and strokes.

We have the ability to give you back those undisturbed night's sleep with the help of our 'Thornton Adjustable Positioner (TAP) Appliance'.

What is a 'TAP' Appliance?

It is a custom made mouth piece that is worn whilst sleeping. It is designed to move the lower jaw forward resulting in a decrease of snores per hour, snoring loudness and decreases oxygen starvation to help improve sleep apnoea symptoms.

This type of treatment does not cure snoring or sleep apnoea and therefore must be worn nightly for a lifetime to be effective. The appliance only needs to be checked twice a year to ensure it fits properly and the mouth examined at the same time to assure it is in healthy condition. We have been fitting these appliances since 1998 and are happy to report that we have a 100% success rate.

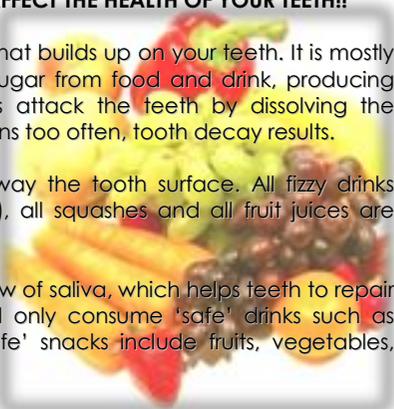
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YOUR EATING & DRINKING HABITS ALSO AFFECT THE HEALTH OF YOUR TEETH!!

- Dental Plaque is a soft, sticky substance that builds up on your teeth. It is mostly made up of bacteria, which feeds on sugar from food and drink, producing acids as a waste product. These acids attack the teeth by dissolving the minerals in the tooth surface. If this happens too often, tooth decay results.
- Acids in food and drink can dissolve away the tooth surface. All fizzy drinks (including 'diet' and fizzy mineral water), all squashes and all fruit juices are acidic to varying degrees.
- Chewing sugar-free gum increases the flow of saliva, which helps teeth to repair themselves. Between meals you should only consume 'safe' drinks such as water, tea or coffee without sugar. 'Safe' snacks include fruits, vegetables, sandwiches and toast to name a few.
- For the sake of your general health, you should be eating at least five portions of vegetable and fruit every day. Dairy products, such as cheese are 'safe' snacks for teeth but lower fat varieties are the best option.



Remember the rule!!!

- Always brush your teeth twice a day with a fluoride toothpaste
- Only have 'safe' drinks and 'safe' snacks between meals
- Eat at least 5 portions of vegetables and fruit everyday

For Fun... The Cheek Of It!

Facial exercises to help keep that Face looking tight!

- ☞ With your lips closed, smile a relaxed smile, & then suck your cheeks towards & on to your teeth. Hold for 10seconds then relax. Repeat 10 times.
- ☞ Keep your teeth & lips closed & blow air under your top lip & keep it there for 10seconds, then move the trapped air to your left cheek, hold for 10 seconds, and then the right cheek for 10, then your lower lip for 10. Relax and repeat 5 times.
- ☞ Sit upright with lips closed but relaxed. Pucker & pout your lips using your cheek muscles. (Make sure you use your cheek muscles). Keep lips puckered for 10secs then relax. Repeat 10 times.

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Hygienist

Lyndsey Purkiss
Heather Robins

Practice Hours

Monday – Friday
8.30am – 5.30pm



Welcome to the 2nd edition of our Newsletter here at Beeches Dental Surgery.

It's been just over three months since our last update to the surgery & we have great news!

Pat our receptionist is returning to us in July! However as one returns another one leaves.

Darshna is expecting her second child & will be on maternity leave from the beginning of July.

We will be introducing a new dentist to the Practice soon so keep your eyes open!

- BEECHES DENTAL SURGERY -

Issue 2

This time of year things can get not only a bit hot under the collar but also hot under the arms too. Here at Beeches Dental Surgery we are introducing a method of sweat control with the use of Botox.



'Hyperhidrosis' (Excess Sweating) is caused by unusual working of the sympathetic nerves and sweat glands which produces excess sweating. Botox is injected into the armpits in a grid like pattern. Once the toxin has taken affect it can significantly reduce sweat production.

Facial Aesthetics

As mentioned in our first newsletter we are in fact now doing Botox and Dermal Filler Treatment. We believe you should be proud of your smile and what better way to frame it than having those wrinkles and deep lines smoothed out and those lips enhanced.

Botox Treatment

It is a non-surgical cosmetic treatment for moderate to severe frown lines. It works by blocking nerve transmission (through injection) to temporarily reduce the contractions of the facial muscles that cause frown lines. It has been proven to be a safe and effective treatment for wrinkles and becoming more and more popular.

Prices Starting From just £150

Dermal Fillers

This is a substance which is injected into the skin to plump it up, make it firmer and smooth out lines and wrinkles. It can be used around the nose, eyes, forehead & mouth. The filler then remains in the skin where it binds water to produce a lift and firmness to the treated area.

Prices Starting from just £300

