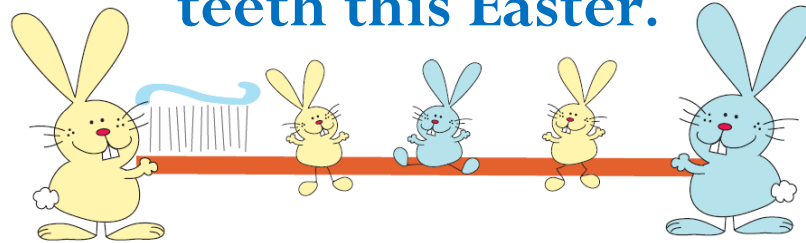


FOREST HOUSE DENTAL PRACTICE



Tips for looking after your children's teeth this Easter.



Easter is about to spring upon us and we all know it can become difficult to limit our children's sugar intake, especially with all the chocolate goodies that the Easter bunny will bring. Their oral health however, doesn't have to suffer if the right precautions are taken.



Ensure chocolate is kept to mealtimes.

It is not always the case of how much chocolate your child consumes, but mainly how often that causes oral health problems. By keeping the chocolate to mealtimes, means that the teeth can be cleaned after, preventing cavities which could be caused by sugar.

Give your child a glass of water after eating chocolate.

This will help to produce saliva in the mouth, which will help to rinse away any plaque, bacteria and debris. A glass of water also doesn't contain any sugar, so is the healthiest option for your child to drink whilst washing down their Easter egg.



Monitor their intake.

The longer amount of time chocolate is in the mouth, will produce more acids that cause tooth decay. Oversee your child's intake of their Easter egg, and give them small pieces that won't stay in their mouth for long periods.

Give them sugar free options.

If you are really worried about your child eating chocolate, due to the sugar content, there are sugar free options available online. You will still have to ensure they have a good dental routine to clean their teeth after eating to reduce tooth decay. But the lack of sugar compared to their sugar filled counterparts, will prevent cavities further.



Give them certain foods to clean the mouth

Eating crunchy fruits and vegetables such as carrots, apples and celery stimulates the production of saliva. This is beneficial for teeth, since saliva helps to protect the teeth from bacteria, by helping to break down and wash away chocolate that can get stuck in the teeth. Or you could give your child a small piece of cheese after eating chocolate, as this will help to neutralise the acids that cause tooth decay.



Welcome to our new staff members.

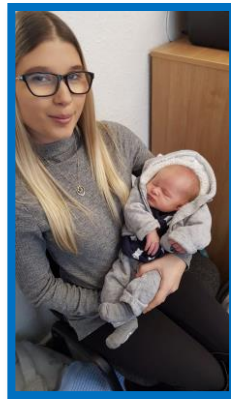


Dr Jayesh Patel worked in general practice with an emphasis on cosmetic work, placing his first porcelain veneers and undertaking whitening procedures over 25 years ago. During the nineties, Jay turned his attention to a new field in dentistry – dental implants. Having undertaken his training at the prestigious Eastman Academy in London, he later gained his Master’s Degree in Dental Implantology at the Charles Clifford Dental Institute. Passionate about dentistry, Jay has been involved in teaching and training dental colleagues in the field of implants.

Here’s a look at some of the treatment Dr Jayesh Patel has completed. Look at the transformation!



Special Announcements...



Congratulations to one of our Patient Care Coordinators on the birth of her little boy!

Abbi gave birth to the lovely Freddie in January. She is enjoying some well-earned time off with Baby Freddie.

We must say what a little cutie he is!



Our Practice Manager turns 50!



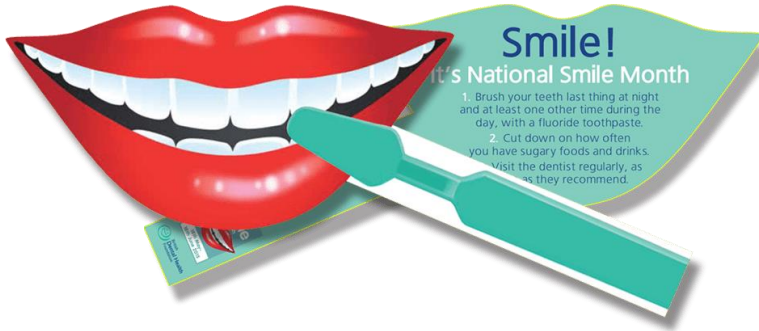
Happy 50th Birthday to our lovely Practice Manager Michelle who is celebrating her birthday in March.



Wow! Thank You!



Forest House managed to raise just over **£300** for Emma who is raising money for cancer treatment in America. Thank you to every one of our patients that donated and brought raffle tickets.



Its National Smile Month 13th May – 13th June 2019.

National Smile Month is the largest and longest-running campaign to promote good oral health. Together, with thousands of individuals and organisations, it highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth.

They are:

- Brush your teeth last thing at night and on at least one other occasion with fluoride toothpaste.
- Cut down on how much sugary food and drink you have, and how often you have them.
- Visit your dentist regularly, as often as they recommend.

Ultimately, the aim is to help us achieve good physical and mental wellbeing by improving our oral health.



#mysmileselfie



Instagram

To promote National Smile Month we are going to complete a Smileathon!

So if you are visiting us during National Smile Month then keep your eyes peeled for our red lip selfie sticks. Take a selfie with the red lips, upload to Facebook or Instagram, tag us in your photo @Forest House Dental Practice and use #mysmileselfie and help us get as many photos as we can and promote good Oral Health.

Our recent five star ratings!



- ★ **Excellent Visit!**
The visit today was very pleasant and the appointment was very well managed. I felt looked after and confident in the dentist straight away. Thank you so much.
- ★ From the initial consultation through to completing the implant and then the follow up after care, has all been very professionally delivered. Implants are not cheap and not a light decision, however the level of service provided coupled with personal attention both from Adam and Sarj and quality of the work and materials has made the process absolutely worthwhile. Both myself and my wife have now used this service to complete satisfaction, and would recommend Forest House Dental to both family and friends.
- ★ I have been a patient at Forest House Dental for a couple of years now and I cannot praise all of the staff enough: they are incredibly professional and welcoming. Dr Hussein Ahmed is without doubt the best dentist I have ever had and I wouldn't ever think of seeing anyone else! He is incredibly friendly, experienced and talented. Highly recommended!

Why not leave us a review [here](#) and let us know your thoughts! 👍

OPENING TIMES

MONDAY: 9AM-5PM

TUESDAY: 9AM-5PM (5PM-7PM: BY APPOINTMENT ONLY)

WEDNESDAY: 9AM-5PM

THURSDAY: 9AM-5PM

FRIDAY: 9AM – 5PM

SAT/SUN: CLOSED

FOREST HOUSE DENTAL PRACTICE

530 BRAUNSTONE LANE, LEICESTER, LE3 3DH

TELEPHONE: 01162 898888 EMAIL: reception@foresthousedental.co.uk

www.foresthousedental.co.uk