

FOREST HOUSE DENTAL PRACTICE



SUMMER 2019

Tips on looking after your teeth this summer

Everyone looks forward to the summer months. BBQs, holidays, weddings, and picnics and daily routines usually become more relaxed during the summer months, but keeping up on healthy habits is still important.



- **Ice Creams and Ice Lollies**

Ice creams and ice lollies are cooling treats on those hazy, hot days but they can contain a lot of sugar so always check your labels if you are consuming them quite frequently.



- **Look after your lips**

Whilst you're slathering yourself in sunscreen, it's easy to forget about protecting your lips too. Prolonged sun exposure on your lips can lead to oral cancer so stock up with an SPF lip balm.



- **Stay hydrated**

Keep your mouth moist by drinking water throughout the day. This helps wash away plaque-causing bacteria and can even improve your breath.



- **Alcohol**

The main threat comes from the sugar content in alcohol (including some beer) which, when broken down in your mouth, creates an acidic breeding ground by bacteria and plaque that causes tooth decay.

Many types of alcohol are acidic and sugary, especially when mixed with fizzy drinks or fruit juices, which are also typically high in sugar. Try and limit alcohol intake and keep it to meal times.



- **Pack healthy snacks**

A lot of summer activities involve time away from home. For family outings, pack a cooler or bag of snacks, but be selective. Choose tooth-friendly foods like carrots, celery and apples or healthy snacks like cheese, yogurt, whole grain crackers or plain nuts.

New to the practice

A big welcome to our new team members



Jack – Trainee Dental Nurse



Joanne – Trainee Dental Nurse

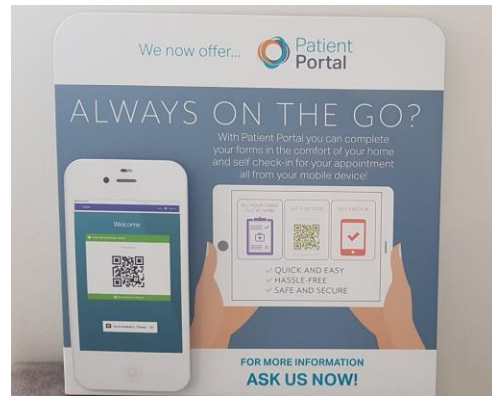


Mary Jane – Trainee Dental Nurse



Chetan - Dentist

New! Patient Portal!



A new and easy way for you to check in.
No need to queue at reception.

Check in in 3 simple steps:

1. Follow the link on your reminder text
2. Fill out the forms online
3. Scan your QR code on our tablet when you arrive.

Want guaranteed results from your whitening?

ENLIGHTEN®

- The only whitening brand to give you a guaranteed long-lasting shade AND low sensitivity.



- Enlighten is widely acknowledged as the most effective whitening system in the world. It has a 98% success rate.

- Enlighten whitening treatment works straight through the enamel and does not harm the tooth surface.

- Speak to your dentist today about your guaranteed whiter smile.

Thank You for your feedback



- ❖ *I attended the practice today for a filling I had lost between teeth. I am a very nervous patient, stemming back from a bad experience I had as a child with another dentist. I have been using this dental practice for 47 years and the treatment I have had during this time has been very good. I have had several different dentists but all of them have been very patient and have given me confidence that they will make sure that I do not have any pain. I would thoroughly recommend them to anyone looking for a dental practice.*
- ❖ *I would just like to say was so happy with the treatment I received from Mr. Patel, he was just amazing with me and made me feel at ease with my treatment, I would also like to thank the lady on reception she was so efficient and a real asset to your company and business so overall I would have no hesitation on recommending you today or in the future. Thank you again.*
- ❖ *Friendly, efficient welcoming receptionist. Friendly nurse and very good reassuring dentist who took time to chat.*
- ❖ *My son of 7 years woke up in pain with his teeth that we knew needed to come out but he was getting over an infection, I contacted the surgery first thing, they got us in the same day, the dentist and assistants were lovely and welcoming, they made us both feel comfortable throughout, after the procedure, my son felt unwell, they laid him back down and gave him a glucose tablet to bring his sugars back up, after this they advised we didn't leave and waited in the waiting area? My son was still feeling unwell so they put us in a private room, all the time a nurse was with us making sure my son was okay, we didn't leave until the dentist was satisfied my son was okay to leave. Aftercare was explained perfectly, and I even received a voicemail the next day to check my son was ok. Couldn't be happier with the service we received, from the reception, nurses and dentist. Highly recommended.*

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





The Invisible Way to Straighten Teeth



**Thought about having a straighter smile?
Have your Invisalign treatment here at
Forest House and we will include all of this:**

- ❖ Complimentary assessment worth £50
- ❖ Digital display of teeth worth £300
- ❖ Complimentary retainers worth £200
- ❖ Complimentary whitening worth £300

Speak to reception or call 0116 2898888 to book your consultation today

Finance options available. Subject to status. T&C's apply

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