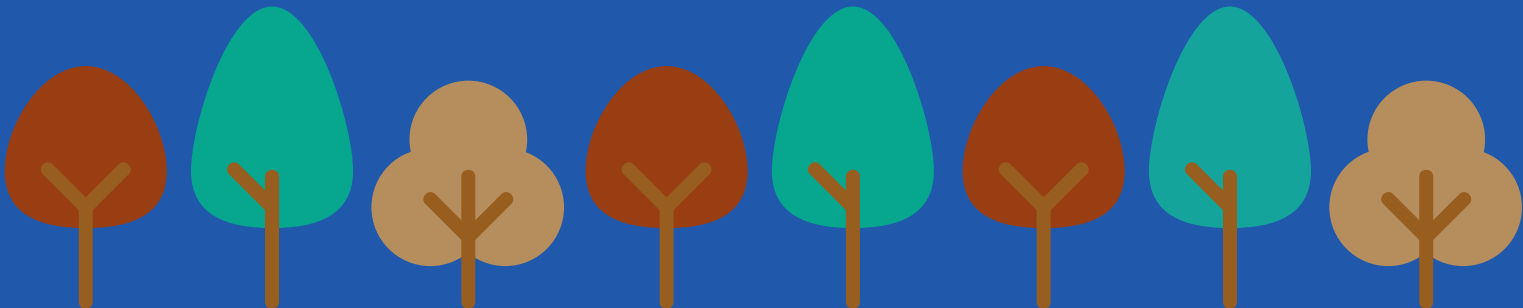


Autumn
Newsletter
2019



**KIRSTY
NEW
RECEPTIONIST**



BRUXISM



**BAMBOO
TOOTHBRUSHES**

Goodbye Flo



"It has been a pleasure and so much fun to work at The High Street Dental Practice!

I have truly enjoyed the relationship I have built with patients and colleagues during this year and an half. Besides my receptionist role I was also the Marketing Assistant for the Practice, a role that I loved and that has rewarded me hugely.

I have learned a lot in my time at the Practice, not just about my role but how to look after my oral hygiene (I thank you Hilary and Diane, our hygienists, for keeping me in line!). I got to know my colleagues better, who are not just professional but also really lovely people!

Thank you to my manager, Jacqueline, who behind the scenes, helped me so much in my personal development, I will never forget it!

I am now leaving to be closer to home but I am leaving my role in the capable hands of Thea and the new Receptionist and Marketing Assistant, Kirsty!"

Flo

Kirsty

New Marketing Assistant and Receptionist

Kirsty is the new Marketing Assistant and Receptionist at The High Street Dental Practice but she is also a qualified Dental Nurse!



Getting to know Kirsty

"I have multiple roles at The High Street Dental Practice since joining in July 2019: Receptionist, Marketing Assistant and Dental Nurse! I qualified as a Dental Nurse at the start of the year in Cheltenham, where I grew up, and have recently moved to the area.

The team have been very welcoming and friendly towards me and I am enjoying the variety of tasks the job brings.

In my spare time I like to go for long walks in the countryside and watch the latest films at the cinema."

Dental Implant Treatment



Dr Gerry Davies can help you recover your amazing natural smile with dental implants!



Gerry has been placing dental implants for over 25 years and placed over 2000 implants in his career. If you would like to know more information about dental implant treatment, then please book your consultation today.

Dental Implant Treatment

So, what exactly is a Dental Implant?

A dental implant is an artificial replacement for a tooth root. It is usually made from titanium. Dental implants have some form of internal screw thread or post space that allows a variety of components to be fitted. Once fitted, these components provide the foundation for long-term support of crowns, bridges or dentures.



Can anyone have Dental Implants?

Dental implants are suitable for most adults with good general health. They can only be used once the jawbone has stopped growing. There is no upper age limit.



How long does the treatment take?

For routine cases, from the time of the implant placement to the time of placing the first tooth/teeth, treatment times can vary from six weeks to six months. However care must be taken with poorer bone, which can extend treatment time beyond six months. The Dentist will provide you with a written assessment summary.



What should you know before you start treatment?

In one of your appointments with the Dentist, you should be given a written summary of your treatment planning discussions, which will include an overview of the treatment's stages, how long the treatment is going to take and the fee for it.



How long it will last?

It depends on your personal attention to oral hygiene and willingness to attend appropriate maintenance reviews. This will have the most influence on how long your implant will last.

Amazing before and after braces

Our receptionist Thea has finished her course of orthodontic treatment with Dr Lucy Pitman and is amazed by the results.

Book your orthodontic consultation today at Reception to find out more!



Getting Married in 2020?



The High Street Dental Practice offers a range of services including non-surgical treatment of facial lines and teeth whitening to help you prepare for your magical day.

Please book a **Free Consultation** at Reception



•••• Facial aesthetic treatments ••••



The High Street Dental Practice is now offering a range of non-surgical facial aesthetic treatments; wrinkle relaxing treatments, using Botox, and Dermal Fillers.

With our extensive knowledge of soft tissues, facial profile and anatomy, you will be sure to have natural looking results.

We aim to ensure that your treatment is comfortable and meets your expectations.

Please book your Free Consultation at Reception today to find out more.

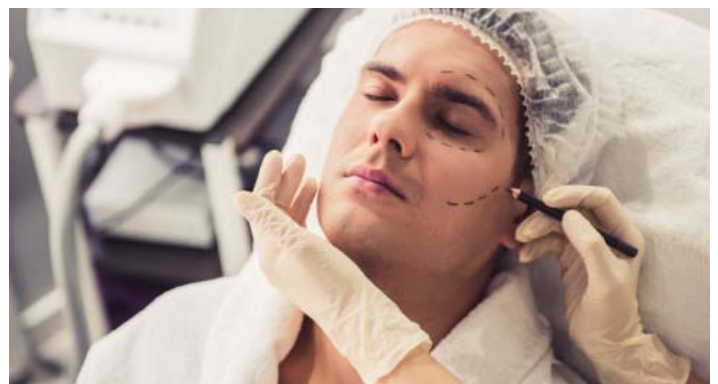
•••• Facial aesthetic treatments ••••



Are you thinking of increasing the volume and fullness of your lips? Dermal fillers can be used to fill deep lines and wrinkles and add volume to lips and cheeks. Dermal fillers usually last between 6-18 months.



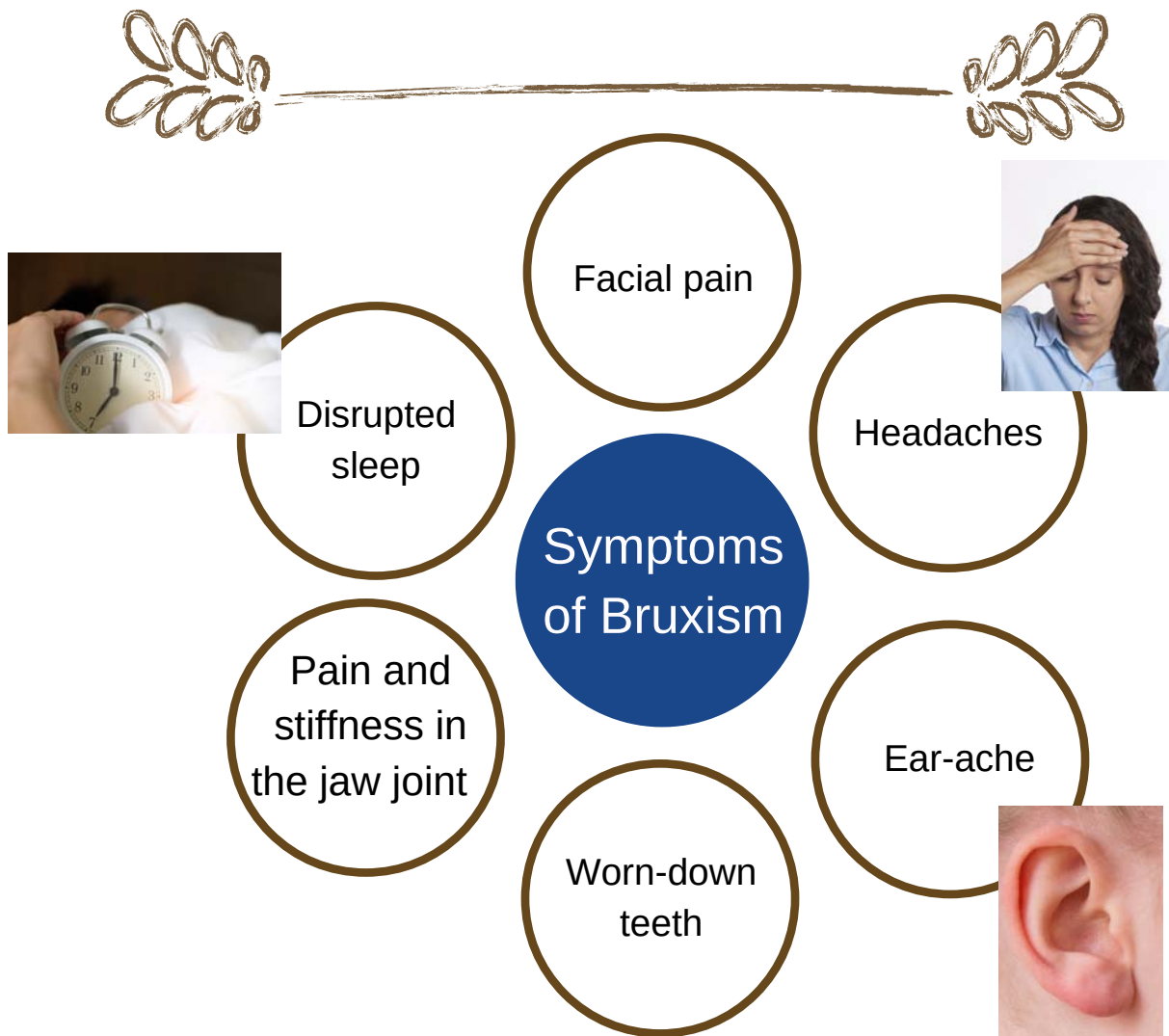
If you want to achieve a smooth complexion, then Botox may be the treatment for you! Botox relaxes the muscles in the face and reduces muscle movement to correct lines and wrinkles. Commonly treated areas are: frown lines, forehead lines and crows feet. Botox usually lasts around 3-4 months and is a minimally invasive treatment for patients who do not want to have surgery.



Both these treatments can help you to achieve a youthful appearance, boosting your confidence! The dentist will be happy to discuss these options with you at your Free Consultation.

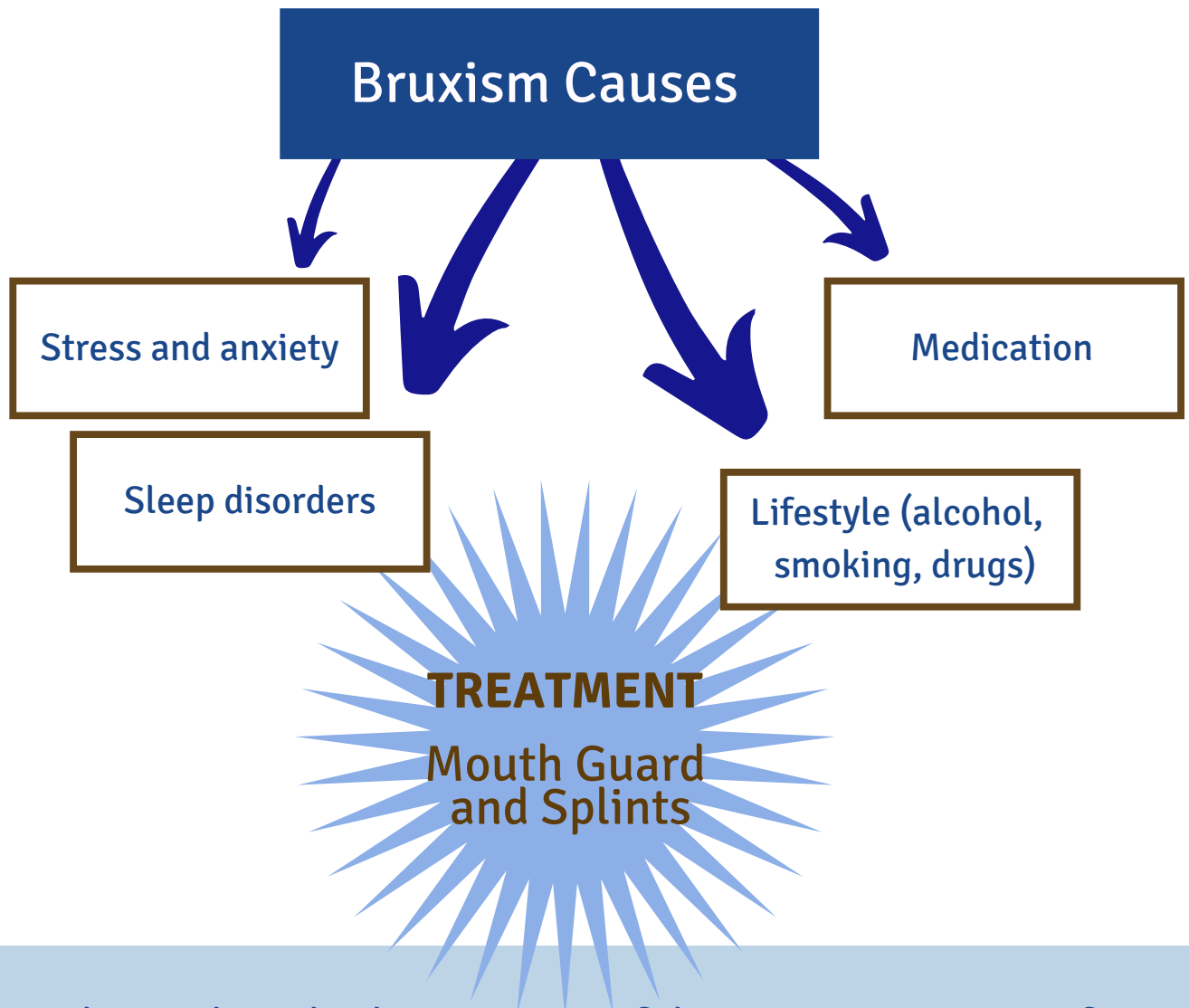
Bruxism

BRUXISM MEANS TEETH GRINDING. MORE ACCURATELY, BRUXISM DESCRIBES A RANGE OF RELATED BEHAVIOURS INCLUDING TEETH GRINDING, GNASHING AND CLENCHING OF THE JAW. BRUXISM IS USUALLY A SUBCONSCIOUS BEHAVIOUR THAT WE CAN EXPERIENCE DURING OUR SLEEP.



Early recognition of Bruxism can lead to improvement of your mental health and well being. If one or more of the above symptoms apply to you, do not be afraid to discuss treatment options with one of our dentists at your next checkup.

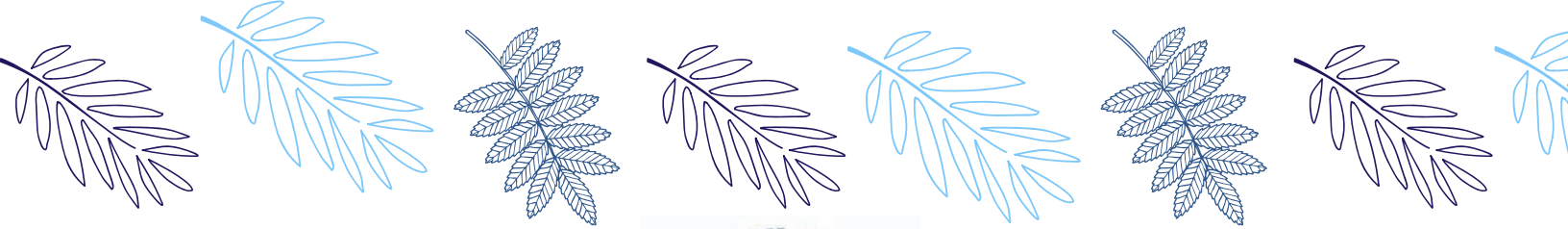
Bruxism



Mouth guards and splints are one of the treatments we use for bruxism.

Splints even out the pressure across your jaw and create a physical barrier between your upper and lower teeth to protect them from further damage. They can also reduce any grinding noises you make at night.

Mouth guards are similar to those used in sports, such as boxing or rugby. They are rubber or plastic and can be made by your dentist to fit your mouth. Mouth guards from your local pharmacist are unlikely to fit as well as custom-made ones.



Bamboo Toothbrush



**The High Street Dental Practice has introduced a new product:
The Bamboo Toothbrush!**

The handle is made from biodegradable, sustainably-grown bamboo.

Ask at reception to view a sample.

It could be the perfect gift for an environmental friend, or for yourself?!

It will contribute to the much needed decrease in plastic consumption!






Recycle plastic dental products for Wiltshire Air Ambulance



Here at The High Street Dental Practice we care about the environmental damage caused by plastic. Therefore, with the help of our local community, we want to do what we can to reduce the dental plastic footprint.

Instead of discarding your oral hygiene products, please now bring in any brand of the following for us to recycle:

-  tooth brushes, including outer packaging;
-  electric tooth brush heads;
-  tooth paste tubes and caps, including outer packaging.

Ask at Reception for more details!





Runners at the Practice



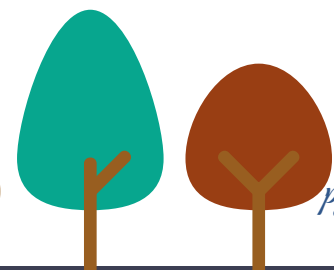
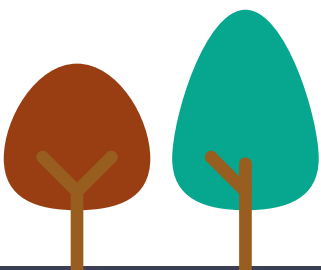
Lucy has participated in the London Marathon 2019 and has completed a long list of other running competitions. She started running in 2013 and has not stopped since. Well done Lucy!

Chris has always loved running, he has participated in various half marathons including the Roman Run held in Wales. The last half marathon that he took part in was in Bath.

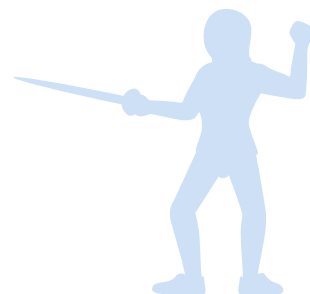


Danielle's love for running started in 2010 when she set a challenge for herself by completing her first ever 10K. She loves going to park run with her friends and joining local competitions.

Our team recently ran in the Chippenham Half Marathon, which they have been training for all year! What a great achievement, well done!



World Veteran Fencing Championships



We asked Valerie, our business administrator, to write a piece as she has an exciting event coming up...

I have been selected to fence as part of the GBR team at the World Veteran Fencing Championships in Cairo, Egypt, in October!

I came to fencing quite late in life, after years of driving my daughter to training sessions and competitions around the country. Eventually I decided I might as well have a go, and fell in love with it.

Fencing is a great way to keep fit and it can be a really social sport. I am a member of two fencing clubs, Bath Sword Club and Wessex Blades (in Warminster), attend training sessions twice a week and compete at competitions on average twice a month.

To fence as a Veteran you must be over 40, with separate age categories for some events. I have recently moved into the 60 – 69 age category (Cat 3). As you might imagine, members of British Veterans Fencing (BVF) are a very sociable group and veteran events are great fun (but also very competitive!).

In May, I competed at the European Veteran Fencing Championships in Cognac, France; a huge event with over 1,800 fencers. It was very enjoyable but of course the competition was very intense; a great experience.

My result from the Europeans, together with a gold medal for my age category in the BVF National Championships, means I have now been selected for the GBR squad for the Worlds!

Well done and good luck Valerie!

Private patients are welcome!

We offer the option to join one of our Membership Plans:

Membership Plan 1

- Regular examinations and two hygienist visits as recommended by your dentist
- x-rays (as necessary)
- 10% discount (excluding elective and advanced treatment)
- diet and oral hygiene advice
- all your preventive dental care is included
- guaranteed registration with the Practice and continuing access to your dentist
- appointment times to suit you whenever possible
- membership card with 24 hour helpline for dental emergencies at home or abroad
- eligibility to request assistance from the worldwide Dental Emergency Assistance Scheme

Membership Plan 2

- all Membership Plan 1 benefits, plus:
- regular examinations and four hygienist visits as recommended by your dentist



Contacts:

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info@thehsdp.co.uk

www.thehighstreetdentalpractice.co.uk



Don't forget to follow our social media to keep up to date with all HSDP events and offers



How to find us



Any queries please ask our Reception team;
Thea and Kirsty will be more than happy to help!