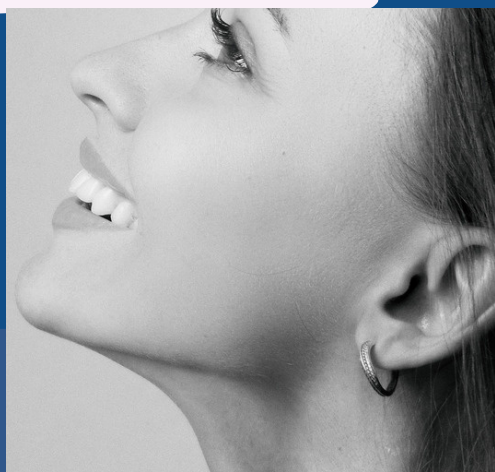


**Winter  
Newsletter 2020**



**NEW Chin Treatment  
at The HSDP!**



**Match the owners to  
their pets!**



**Treat your partner this  
Valentine's Day with a  
Teeth Whitening  
Discount**

# Dr Olivia Nixon



I am very pleased to be returning to work after my maternity leave earlier this year. After keeping me waiting for 2 weeks (very overdue!) I had a little boy called Otto, who was born 18th March 2020, just 5 days before the national lockdown.

Motherhood has been wonderful, but I had a different maternity leave to the one I pictured- (where I would be seeing lots of family and friends!). We were very lucky in that my husband started working from home, so was around for the whole of my Maternity leave during lockdown. My little boy still has not met his grandparents, who live in Northern Ireland.

I returned to work in June, soon after the practice re-opened, and Otto has started nursery. It has been lovely to get back to work and having a sense of normality. Otto is getting on very well at nursery and comes home tired and often covered in glitter / paint / sand. Certainly, the events over the last year have taught me to be grateful for the things we have and appreciate how lucky we are to have a beautiful energetic little boy.

Over this year I have decided to increase the range of treatments I offer to complement the facial aesthetic treatments.

**See page 2!**

# *NEW Treatment at The HSPP!*

*Are you self-conscious of your 'double chin'?*

*We are offering a solution!*



Olivia has completed hands-on training in use of a product called Aqualyx. The procedure uses a solution of deoxycholic acid to safely and effectively eliminate small, stubborn pockets of fat which resist diet and exercise. The treatment has become very popular, especially to treat double chins.

*To find out more book a Free Facial Smile Consultation!*



*01249 477001*





# Match the owners to their pets!



*Can you guess which pet belongs to which team member?*

*Hilary*



*Fergus*



*Diane*



*Angus*





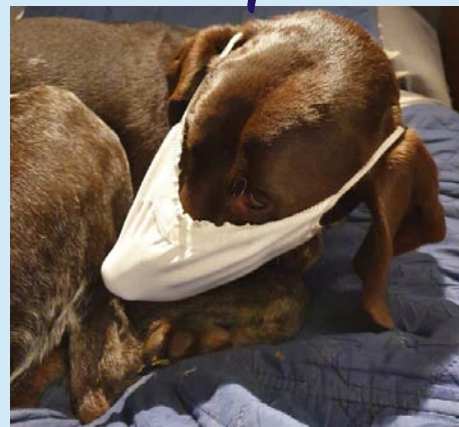
Match the owners  
to their pets!



*Beth*



*Ralph*



*Jaquelina*



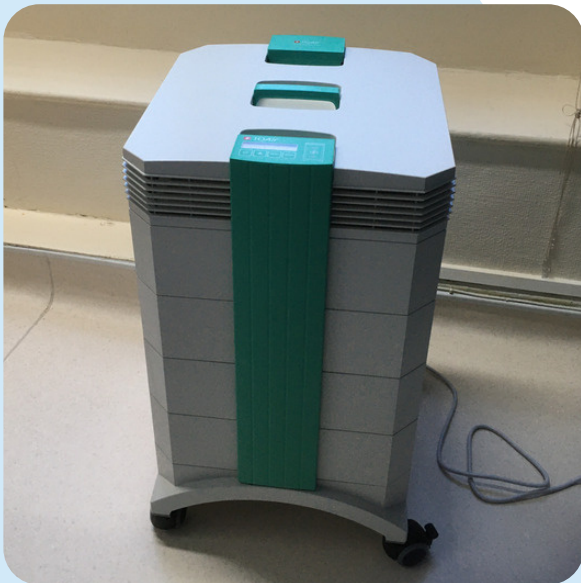
*Tiki*





*We now have Air Purifiers in  
each Dental Surgery!*

**This is another way The High Street  
Dental Practice is investing in  
keeping you safe!**



Have you seen these big machines in our surgery's yet? They're Air Purifiers which clean and filter the air to help protect staff and patients from viruses.

They are used when a dental treatment is carried out. If you would like to know more please just ask!



**Put a smile on your partners face  
this Valentine's Day with a  
Teeth Whitening Discount!**



**Ask our Reception Team for more information**  
 **01249 477001**



# How to fight flu this winter!



## 1. Get your flu vaccination

### Protect yourself and others

by getting your flu vaccination. This can be done by your Doctor, Practice Nurse or a Pharmacist. Flu can cause serious illnesses or even death.

## 2. Wash your hands



As well as getting the vaccination, washing your hands regularly, especially after sneezing or coughing, will help to reduce the spread of flu.

## 3. Stay at home if you have flu



If you have flu then stay at home as the virus is highly infectious and outbreaks can happen quickly.



# New Year's Resolution



*Start 2021 by  
quitting smoking!*



Smoking not only damages your general health but also your oral health. Smoking stains your teeth, causes bad breath, reduces blood flow to your mouth, delays healing and increases your risk of gum disease and oral cancer.

If you would like to stop smoking but do not know where to start, please book an appointment with one of our Dentists who would be happy to help you with your New Year's Resolution!



# Winter Word Search



F G T Y T S O R F Y C C T P H  
Y I Y E B N F G E O W O E A P  
G T R F U O C K A T D L L B H  
W U P E K W O T R J N D C S X  
Y Y X N P F B O O T S I R A X  
B T I U D L P S E S B X W F V  
S D P Z Q A A V Q A L W R G Y  
O N G H R K G C F X K A M Q J  
N V O R L E T R E X C P K Z C  
K A L W G S E E X S F W S R N  
Y G I T K E U X L F Z A N E A  
R R M Q Z R J L Z F H I P P T  
C H R I S T M A S X I G Z M R  
P V N K D E L S B G E C I U W  
P G B P F Y H E Q D O I T J N

Boots  
Christmas  
Cold  
Coat  
Fireplace  
Frosty  
Freezing  
Hat  
Ice  
Jumper  
Scarf  
Snow  
Snowflake  
Winter





# Match the owners to their pets!



*Can you guess which pet belongs to which team member?*

*Hilary*



*Fergus*



*Diane does not have  
any pets!*



*Angus*



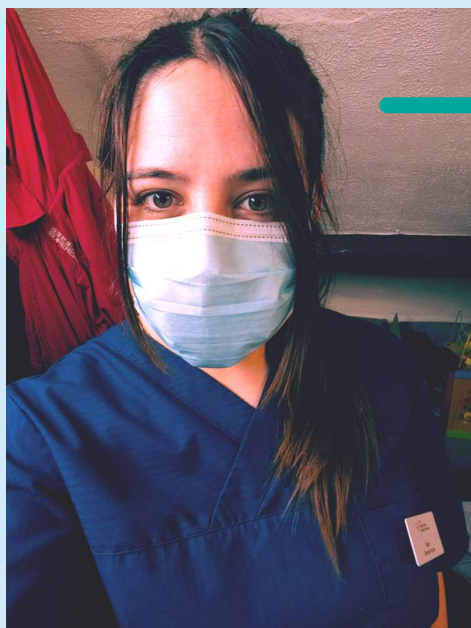




Match the owners  
to their pets!



*Beth*



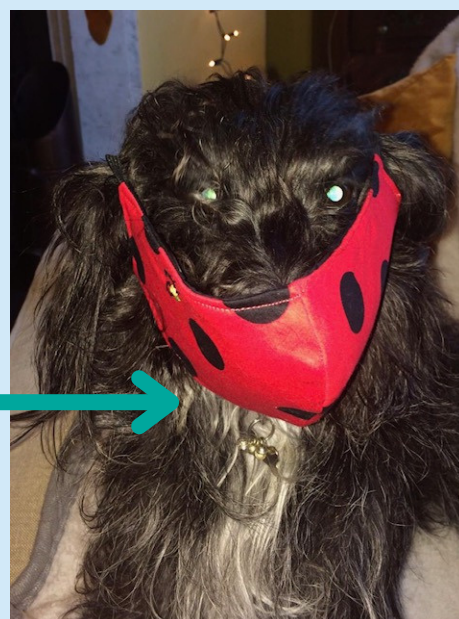
*Ralph*



*Jaquelina*



*Tiki*



## Private patients are welcome!

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

### Membership Plan 1

- Two 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:
- Four hygienist visits as recommended by your dentist

### Contacts:



01249 477001

info@thehsdp.co.uk

www.thehighstreetdentalpractice.co.uk



*Please follow our social media accounts to keep up to date with all HSDP events and offers!*



### How to find us



Any queries please ask our Reception Team;  
They will be more than happy to help!