

# Smile news



... at the blue house



## Welcome

to the first edition of 'Smile news...at the blue house', our quarterly newsletter that keeps you up-to-date with all the latest practice news, offers and dental hints and tips. We hope you find it interesting and would welcome your feedback.

In this edition we introduce you to the modern teeth replacement option, dental implants, as well as invisible braces, an ever popular teeth straightening choice for adults that would like to build their confidence but don't want everyone to know about their braces.

The eagle-eyed amongst you will have noticed that we've recently 're-branded' Southfields Dental Centre. Yes, it's a new look for us and this reflects the latest phase in our mission to provide the full range of dental treatments at the blue house and the very best in service for our patients.

**Dr Niharika Gulati**  
BDS (Hons), LDSRCPS (Glasg), MSc (Dist), DDPHRCs (Eng), GDC No.81400.

Best wishes  
Practice Principal

*Nikki*

**New  
website  
coming  
soon!**

go to  
[www.southfieldsdental.co.uk](http://www.southfieldsdental.co.uk)

## Damaged or missing teeth?

Dental Implants are an excellent tooth replacement option and an alternative to dentures or bridges.

### How can dental implants benefit me?

Would you like a beautiful, natural smile which is permanent, and enables you to talk, eat, drink and smile with confidence? Dental implants allow you to forget about your teeth and just carry on with your normal life.

### The benefits of dental implants

- Improved facial appearance
- As comfortable as your own teeth
- Can last a lifetime
- Improved speech
- Prevention of bone loss
- Easy to keep clean
- Can be placed without having to alter any adjacent healthy teeth



## Invisible braces ...at the blue house



**FREE  
CONSULTATION**  
Ask at Reception  
for details



Show your smile, not your brace.

Of course, adults are not really looking for a brace at all. Their aim is improved confidence and 'feel good' factor - a successful relationship perhaps or a better professional image. Really, the brace is just a means to this end, and most patients don't want it to

show, don't want it to be on for very long, don't want it to be too uncomfortable, and generally don't want it to interfere with their lifestyle at all!

### Here at Southfields we offer Invisalign®

Invisalign® uses a series of custom made removable aligners. Treatment length will vary depending on your case, but the average treatment is 9 - 18 months. No one can tell you are wearing Invisalign®, you can remove the aligners so you can eat and drink what you like and studies have shown that it can be better for your dental hygiene during treatment.



# Join us ... at the blue house

The Blue House Membership Plan includes:

- Two dental health examinations per year
- Two routine hygiene appointments per year including scale and polish and periodontal advice
- One emergency appointment per year (during working hours)
- Clinically required X-rays
- Oral cancer screening
- 10% discount on treatments (excluding implants and orthodontics)
- Worldwide dental injury and emergency insurance



Ask at reception for further details

# Prevention is better than cure!

We aim to maintain oral health for life and professional cleaning to remove plaque and tartar when needed and detect signs of gum disease. As well as looking after your teeth and gums properly at home, this will help keep your mouth healthy. A clean and healthy smile will improve your appearance, give you fresh breath and help you to keep your teeth for life.

Why not contact us to book an appointment with one of our hygienists, Michelle or Sharon?



**Michelle Ravlo**  
DipDH, BSc.



**Sharon Donnegan**  
CEB Cert in Dental Hygiene

## Team Feature

## Two reasons to celebrate



Congratulations to Dr. Caye Cabrera-Bonny, our associate dentist on the birth of her twins, Caye and Sofia

## A 'new look' Southfields Dental Centre

We've changed our brand image! To reflect our focus on quality dental care and service excellence, we thought we'd create a new more approachable look that both takes the practice forward and also retains our popular 'blue house'.



comprehensive dental care ... at the blue house

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