



A & H Update



No. 11 Issue 2 Spring 2021

Welcome to this issue of A & H Update

Our quarterly newsletter is designed to keep you updated with all our news.

Hygienist Update

Our hygienist Tanya is currently on furlough so will not be taking appointments in the foreseeable future. The current COVID19 guidelines that surgeries are left to ventilate for 10 minutes after ultrasonic hygiene treatments means that we are currently unable to allocate Tanya a surgery as Adam the dentist is using both surgeries. We hope that this will be short term. In the meantime Adam will be carrying out all hygiene treatments himself alongside your routine dental care.



Missing a Tooth?

Dental implants are a great way to replace a missing tooth or teeth and also stabilise a denture. Ask at reception for a FREE Implant Chat with Adam to see if they can help you.

National Stop Snoring Week 20th-23rd April

The British Snoring and Sleep Apnoea Association is holding its annual Stop Snoring Week promoting awareness that nobody need suffer as a result of **snoring** since it is a **treatable condition**.

Visit their website at www.britishsnoring.co.uk or their facebook page if you would like further information on sleep disorders.

We currently offer sleep assessments and can also **custom build** simple **anti snoring devices** to be worn in the mouth. Please ask for details.



BRITISH SNORING &
SLEEP APNOEA ASSOCIATION

A & H Bitesize

•**Google Reviews:** Please help us to grow our practice by reviewing us on Google. **5 star** ratings help us attract new patients meaning our practice thrives, thus allowing us to reinvest for the **benefit** of all our patients.

•Patients who join our Practice Membership Scheme receive a **20% discount** on most treatment items and **FREE** Dental Health Checks and Hygiene visits twice per year. Monthly membership fees start at just £14.75 per month. Please see our membership leaflet in reception for full details.



National Smile Month May 17th - June 17th

As always we will be supporting the British Dental Health Foundation annual **National Smile Month**. This BDHF awareness month provides a great opportunity to learn more about dental health. The three key messages are:

- Brush your teeth** last thing at night at one other time each day with fluoride toothpaste.
- Cut down on sugary drinks and snacks
- Visit your **dentist regularly**, as often as they recommend

Our Refer a Friend Scheme is proving popular. Let your friends know that you have your teeth cared for by A & H Dental Care and if they join our practice and mention your name we will send you £15 of High Street vouchers to say thank you!

Patient Corner - What do you think?

Patient views are important to us and help us to constantly improve our service. If you have any **feedback** about our practice please feel free to talk to any member of staff or post ideas on our Friends and Family Test forms in reception.