

## Welcome to our September edition!

We hope this Newsletter gives you an insight into our range of services and latest offers at our practice, as well as updating you on what has been happening since we last wrote.

As you may know, each year we carry out a Patient Satisfaction Survey and we are very grateful to everyone that took part in our recent one and for all the valuable comments you made. We always value your input and are constantly looking for new ways we can improve. Here is a flavour of some of the comments we received:

**“Over the moon since joining this very friendly practice. Really feel at ease and nothing is too much for anyone! Thank you for being so welcoming.”**

**“Always polite. Fantastic Dental Practice”**

**“First time here and I’ve had the best service I’ve ever had at the dentist”**

At Tadley Dental Care we are committed to patient-centered dentistry and the maintaining of good oral health for all. As healthcare professionals we are working to keep our knowledge and skills up to date with current thinking and development. To this end, we try to help by running regular in-house training sessions on various topics. In November we will be holding our regular medical emergencies and CPR and Cross infection Control Course. This is obviously in addition to our normal continuing professional development and pursuing our own personal dental interests.

**Since our last edition, our two long-serving dental nurses, Delfi and Zoe, have sadly left so they can spend more time with their young families. In their place we have welcomed our two trainee dental nurses, Iwona and Nicole, who are settling in well.**

**We welcomed Dr Lena Bhudia back to work in February after having her third baby. Along with her patients, we are so delighted to have her back with us!**



### **We were sad to say goodbye to Dr Jessica Lee at the end of May.**

We know you will join us in wishing her all the best for the future. We will miss her smiley professionalism around the place. Here is her farewell message:

“It is with regret that I have ended my seven years at Tadley dental Care due to family and work commitments. It has been a pleasure meeting and helping such lovely, wonderful patients. I have also made such dear friends within the team. Best wishes to you and remember – Laughter is the best medicine!”



### **Welcome to Dr Kuljeet Mehta**

Kuljeet, our new periodontist, joined us in September last year. He is highly specialised in an extensive range of periodontal treatments, including cosmetic periodontal surgery, guided bone and tissue regeneration and gum grafting.

Please visit his website on [Kmperio.co.uk](http://Kmperio.co.uk) to find out more about his speciality and expertise.

**Quality  
Care...**

*...through prevention and aesthetic dentistry*

## NEW PATIENTS

We are currently accepting **NEW NHS and Private Patients** at the Practice. (The wait for initial NHS consultation is currently about 8 weeks).

Please phone to book an appointment. We also offer our patients the opportunity to join the Denplan treatment scheme (Membership conditions to be discussed with your dentist).

## EXTENDED SUMMER PROMOTION:

We are offering Tooth Whitening home kits at the exceptional value price of **£199**. This offer has been extended until the end of September due to popular demand.

**Please speak to your dentist for details or call us on 01189 813849.**



Before



After

## NHS FRIENDS AND FAMILY FEED BACK

Just a reminder about the nationwide NHS Friends and Family feedback scheme. It is an ongoing way of gauging patient opinion. We appreciate you taking the time to fill out the cards and the feedback that you have given, and thank you in advance for continuing to do so. We have received some very positive comments in the past year and we welcome all feedback as a means of highlighting ways we can constantly improve our levels of care and service.

Alternative feedback forms are available for our private patients at the reception desk, and we very much welcome your feedback also. Thank you to all of you who have taken the time to write down your comments.

## THE IMPORTANCE OF BRUSHING TWICE A DAY

It is clinically proven that brushing twice daily with fluoride toothpaste is a very simple way of positively affecting our oral health. The benefits of this regular habit are twofold: one, the mechanical removal of plaque by the brushing action, two, the application of fluoride directly to the tooth surface. This practice will result in the reduction of dental caries and the development of periodontal disease.

It is advisable for one of the two occasions of brushing to be at night just before bed time, thus increasing the level of fluoride in our mouths as we sleep, a time when salivary flow is naturally reduced.

### Brushing technique

Try to be systematic when you brush, making sure all surfaces of each tooth are cleaned thoroughly. Pay attention not to be too rough with your gums as you clean. Dental floss, interdental and interspace brushes are invaluable cleaning aids (an extensive range of these products are stocked at our reception at a competitive price).

### Spit not rinse!

Remember not to rinse your mouth with water after cleaning, to retain sufficient fluoride levels on your teeth.

### Which brush to use

It is good to use a dry, soft, small-headed brush, electric or manual. The brush should be changed regularly, every two months or when the bristles become worn.

### About children

Let the brushing commence as soon as the teeth appear!

Make sure that the toothpaste you are using has the appropriate fluoride content for your child's age and only use a smear of toothpaste on the brush head up to three years, and a pea-sized amount after that. Your child should be supervised when brushing to make sure that cleaning is thorough and not rushed (at least two minutes).

From time to time, it may be helpful to use disclosing tablets after brushing to highlight the areas where plaque has not been removed successfully, thus helping your child to improve their brushing technique.

## PRACTICE INFORMATION

### Parking

We have off street parking at the practice

### Opening Times

Mon - Fri: 8.30am - 5.30pm

**Tadle**  
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