

Essex Road

Dental Shine Practice

www.dentalshine.co.uk

Firstly we would like to say Happy Spring to you all.

This is our first Newsletter to give you all an update about our practice .

We are pleased to announce that it has been 5 years since Dental Shine has opened its doors to our wonderful patients. We are very thankful for all our patients that use our services and the wonderful friends we made have during this period.

Our dentists are all friendly, calm, professional and will always put you at ease when having any treatment. They will deliver great care and attention through the journey of your treatment.

We are pleased to announce that we have a new dentist that has joined our team. Dr Giannis Gonianakis.



Our Newsletter is not just about our practice but also provides you with the latest news and advances in dentistry and dental care.

The benefits of our Newsletter is to provide regular dental tips, information on existing and new treatments and special offers that we have at the practice.

You can spread the cost of your treatment by using our finance option, 6/10 months Interest Free Finance option. For more information and enquires please feel free to get in touch with the Practice.



Oral health tip: The importance of flossing

As you may have seen in the news recently it has been said that flossing is not beneficial and does not improve dental care. So you may be wondering why our Dentists and Hygienists are encouraging you to floss? I would like to provide you with an excerpt of an article published and how much truth they hold.

"According to the British Society of Periodontology, evidence supports the use of small interdental brushes for cleaning between the teeth, where there is space to do so, in preference to flossing. The recommendation from the 11th European Workshop on the prevention of gum diseases (2015) to patients is: "Daily cleaning between your teeth using special interdental brushes is essential for treating and preventing gum disease. Floss is of little value unless the spaces between your teeth are too tight for the interdental brushes to fit without hurting or causing harm."

Therefore, flossing is not a redundant activity, rather it is a viable alternative to interdental brushing where interdental brushes are too large to clean between teeth.

If you are looking to whiten your teeth grab our leaflet from reception which will tell you all about the whitening we offer at dental shine.

You can also ask the dentist for more details.

We have now have:

15% off whitening



The New
alternative
in clear aligners



Try out the Nuvola treatment we have. Get the smile you have always wanted with the help of Nuvola. Easy, quick and simple.

Ask one of the dentist for more Information.