

Visit our hygienist

Visiting the hygienist regularly is important to help maintain good oral hygiene and anticipate problems which may arise. Our dental hygienist Homa Christian works in a team with the dentist and you, the patient, to provide a programme of oral care which is appropriate to your needs and lifestyle and she is an excellent source of advice on all matters of oral health.

How often should I see the hygienist?

This will vary depending on your state of oral health and is completely individual to each patient. Depending on what is needed, it may be monthly, three monthly or six monthly intervals. Whatever it takes to keep your mouth healthy, attractive and fresh.



newsletter

issue01

Our range of services

Crowns - are a porcelain or metal cover for either a damaged or unsightly tooth. The porcelain crowns are carefully crafted to look natural and blend in with surrounding teeth.

Natural Coloured Fillings - unsightly metal fillings can now be replaced by natural coloured fillings to improve the look of your smile.

Bridges - We can firmly fit a replacement tooth or teeth which are then carefully attached to adjacent teeth.

Veneers - provide a wafer thin mask to hide discolouration on teeth and close unsightly gaps with little work being needed on the tooth itself.

Tooth Whitening - A system that will remove most stains with a gentle action that will oxidise (bleach) stain within your teeth, restoring them to a natural colour.

Dentures - A wide variety of dentures to give a natural appearance with excellent fit.

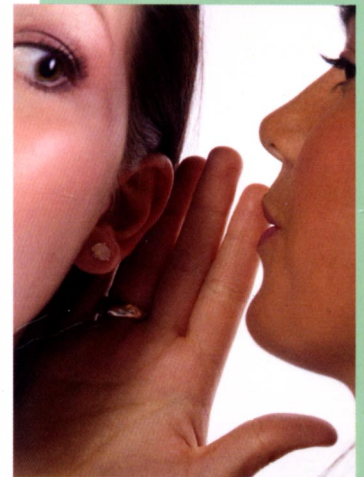
In addition....

Children's Preventative Programme
Anti-Snoring Devices
Wisdom Tooth Removal
Orthodontics (tooth straightening)
Sports Gum Shields
Hygienist Appointments

Ask at reception for our range of oral hygiene products for sale

Don't Keep Us A Secret

Most of our new patients come from personal recommendations and we are most grateful to all those regular satisfied patients who refer their relatives, friends and colleagues to us. By giving them a copy of this newsletter they will have the opportunity to find out more about us. Remember that we cannot grow without new patients so you have our permission to recommend our practice to them and anyone else whom you feel may benefit from our services.



Top Tips For A Fresh Breath

- Brush twice a day for a minimum of 2 minutes using a toothpaste containing antibacterial agents and fluoride.
- Floss all teeth carefully once a day or use interdental aids as recommended by our hygienist.
- Carefully and gently clean the tongue to ensure less bacteria are harboured in the crevices of the tongue, particularly at the back. We sell tongue brushes here.
- Rinse twice a day with an alcohol free mouth rinse, preferably at a different time to the brushing.



purley whites
dental care.co.uk

... to make you proud of your smile

Purley Whites Dental Care
143 Haling Park Road
Purley
South Croydon
Surrey CR2 6NN

TELEPHONE
020 8649 7902
or **FREEPHONE**
0808 1555 251

FREEPHONE 0808 1555 251