

brighter smiles

THE DIANA DENTAL NEWSLETTER

Our mission:
to improve your confidence
by improving your smile

Summer 2018

Welcome Summer!

8 pages of fun, happiness and health

QUICK STRAIGHT TEETH

Find Out About Our New Treatment!

ARE YOU READY FOR ALL-ON-4?

Say "Goodbye" to Mobile or Failing Teeth

STAYING SAFE IN THE SUN

Skincare Safety Tips



Welcome to the Summer Issue of the **Diana Dental** Newsletter!



Welcome to our summer newsletter!

We're all hoping to have a lovely summer so we thought it'd be a good idea to include some sun safety information here to make sure you all stay as "sun safe" as possible!

During April we were delighted to welcome Louise - our new compliance manager! Louise joins us with a wealth of dental experience and knowledge and we know she'll be asset to our team.

During May we supported National Smile Month by visiting Milton Primary School.

We're also excited to now be able to offer Quick Straight Teeth here at Diana Dental. Sharon has already started to treat patients using this system!

During April we successfully completed our latest All-On-Four case and are now planning the treatment for our next two patients... exciting!

Have a fabulous Summer!!

From all the team at Diana Dental

CONGRATULATIONS, SUMMER!

We'd like to congratulate our lovely Summer who gained her dental nurse qualification in November 2017!

This - together with her 2 years surgery experience - means she's more than proved that she's ready for the "front line" - so, expect to see her spending a little more time on reception; meeting and greeting our patients.



HAPPY BIRTHDAY, ZOE!

Zoe celebrated her birthday on May 25th (another year closer to retirement!) and her partner, Maz, took her away for a long weekend in Prague.



QUICK STRAIGHT TEETH

QuickStraightTeeth™ uses nearly-invisible braces to gently straighten your teeth, and give you that smile you've always dreamed of.

We all want a perfect smile but, all too often, the word 'braces' can conjure up images of old-fashioned metal 'train-tracks' or Ugly Betty!

You will be pleasantly surprised with QuickStraightTeeth™. Our braces look both beautiful and discreet with top quality tooth-coloured brackets and wires, making your them virtually invisible. Most people won't know you are wearing braces at all and treatments can take as little as 6 months to complete.

Your questions answered:

Will I need a retainer?

Yes you will. It is our belief that retention is for life! Teeth have a tendency to continually move throughout a lifetime, so the more we can do to prevent that, the better. We can provide all necessary retention as part of our all inclusive 'Q' package, or individually for clients not taking up this option. Any patient not taking up this option will assume responsibility for their teeth drifting back to their original position.

Is it safe?

As with all treatments designed to move the teeth, there is always a calculated risk. QuickStraightTeeth™ takes every precaution to make sure this procedure is as safe as can be.

Am I a suitable candidate for QuickStraightTeeth™ treatment?

Patients who have mild to moderate crowding or protrusion of their front teeth could well be suitable for treatment with QuickStraightTeeth™. We offer a free consultation where we will give our complimentary advice also.

Is it comfortable?

As with all Orthodontic treatments, QuickStraightTeeth™ will take a short space of time for you to adjust to the clear brace. QuickStraightTeeth™ has developed a range of clear braces that reduce discomfort significantly. Our patients have only ever felt minimal discomfort for a couple of days, after which your mouth adjusts to the newness of the appliance. We've had no complaints about any major or long term discomfort.

Do you have any special payment options?

Yes - 0% Finance is available

Diana Dental offers interest free credit over 6, 10 or 12 months for treatments costing over £350.

Low cost (9.9% APR) is also available for up to 24/36 months on treatments priced above £1,000 (a deposit may be required). We're also authorised and regulated by the Financial Conduct Authority so you know everything is safe and above board!

Book your complimentary Quick Straight Teeth consultation with Stacey if you'd like to discuss this treatment in more detail.

BEFORE

AFTER



ALL-ON-4 TRANSFORMATIONS

Over the last two and half years at Diana Dental we've been treating patients with a revolutionary technique to replace your missing teeth!

All on 4 is a revolutionary technique whereby a whole arch of failing or missing teeth is replaced with dental implants in a single visit at Diana Dental. The teeth are removed, implants placed, and high-quality fixed temporary teeth are fitted, all without you needing to leave the Clinic.

All on 4 can also be carried out with patients who have previously lost their own teeth and currently wear dentures, or to save you spending your time and money on teeth which are failing. The temporary teeth are fixed so patients can be free from their dentures on the day of implant placement. Once the healing period is completed and the implants have integrated with the bone, a high-quality, durable permanent fixed bridge is fitted.

This treatment can offer patients a full arch or both arches of fixed replacement teeth. The placement of four dental implants at strategic positions and angles provide the foundation upon which a fixed tooth bridge can be placed.

For those patients who have suffered ill-fitting dentures, or years of mobile or failing teeth, the provision of stable, comfortable, natural-looking teeth through dental implants really can restore that self-confidence and vitality that has often been lost.

We know what a difference this technique has made to so many of our patient's lives. The sheer relief of being free from dentures or unhealthy, loose teeth is written all over their faces: their elated smiles say it all!

Here is our latest testimonial from our delighted All on 4 patient.

Before I came to Diana Dental I was losing my teeth and didn't want to have dentures for the rest of my life. I came to Diana Dental to investigate the All on 4 treatment which would mean I wouldn't have to have dentures. I decided to go with the All on 4 treatment for obvious reasons. My whole experience with Diana Dental has been very good, very professional and friendly at the same time. The communication between Zoe, Chris, staff and I was excellent, I was always kept updated with the treatment. I can't fault the service, product and customer care. I think the All on 4 treatment has definitely been a good investment in both time and money. Thank you.

BEFORE



AFTER



WIN A SPA EXPERIENCE AT THE MILL WHEEL SPA!

We are so proud that most of our patients come to us from personal recommendations...

If you know someone who needs to see a dentist, has a concern about their teeth or smile, or is interested in a specific treatment, why not ask us for a referral card?

If you give a referral card to a friend or family member, they'll get £10 off their first visit with us and you'll be entered into a prize draw for a spa experience at the fantastic **Mill Wheel Spa** near Leek!

Call us on **01782 205003** or email: info@dianadental.co.uk for more details.



STAYING SAFE IN THE SUN

After a surprisingly sunny May, we're hopefully going to be in for a lovely summer! But with beautiful weather comes an increased chance of sunburn and skin damage, so here a few tips to keep you safe in the sun!

How to apply sunscreen

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck
- 2 tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- and again just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears (and head if you have thinning or no hair) but a wide-brimmed hat is better!

Sunscreen needs to be reapplied liberally and frequently according to the manufacturer's instructions.

This includes applying it straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.



Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Also, be sure to:

- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen

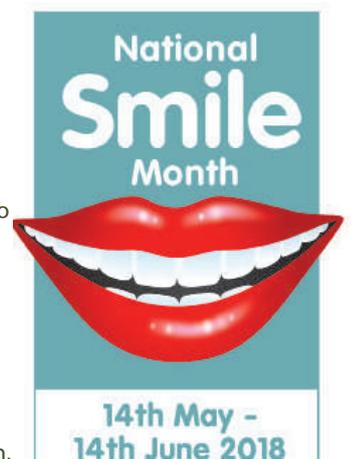
SUPPORT NATIONAL SMILE MONTH

National Smile Month is the largest and longest-running campaign to promote good oral health...

Together, with thousands of individuals and organisations, it highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

Ultimately, the aim is to help us achieve good physical and mental well-being by improving our oral health.





See your smile transformation
before you commit to Invisalign.

FREE
EVALUATION
WORTH £300

Before

After

Book now for your no-obligation, Free Smile Evaluation to see what your new Invisalign smile will look like.

And with our new iTero scanner, you no longer need to have your dental impressions taken.



MOUTH CANCER ALERT!

Mouth cancer is on the increase, yet, if detected early, the chances of a complete cure are very good.

Those most at risk are people over the age of 40 who smoke or drink alcohol. Even those patients who wear dentures should be seen once a year to check the cheeks, gums and tongue.

If you have had a ulcer which has lasted more than two weeks please come and get advice. Even a small ulcer can be painful and advice can be given. An ulcer giving no pain should still be checked.

We check all of our patients for signs of mouth cancer every time they visit us for a check-up - making regular visits even more important!

If it's been a while since your last check-up, please get in touch!



HOW TO LEAVE US A REVIEW ONLINE

Your feedback is very important to us! It tells us when we are getting it right and - also importantly - if we haven't met your expectations!

Sharing your experience is not only helpful to us, but also to other patients who might be considering using our practice for treatment... (especially if they are nervous about seeing the dentist.)

There are lots of ways to review us... Google, Facebook, or with a direct testimonial. But we're now making it even easier by teaming up with Trustpilot! It's easy as you don't need a Gmail or Facebook account to post a review about us.

To do this simply go to:

<https://uk.trustpilot.com/review/dianadental.co.uk> and rate us!

We'd be really grateful if you could spare 1 minute 30 seconds (we timed that's how long it takes) to rate our practice/team and services and we'd like to say a big "thanks!" for doing so!

Top tips for teeth

Top tip **How much is too much sugar?**

Here are the maximum daily amounts of sugar for your children

Age Group	Maximum Daily Amount of Sugar
4-6 year olds	5 cubes
7-10 year olds	6 cubes
11+ year olds	7 cubes

1 cube = 4 grams

change 4 life



Address: 14 Diana Road, Birches Head, Stoke on Trent, ST1 6RS
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Website: www.DianaDental.co.uk
E-mail contact: Info@DianaDental.co.uk
Opening times: Mon: 8.45am - 7.00pm, Tues/Wed/Thur: 8.45am - 5.00pm, Fri: 8.45am - 4.00pm



We improve your confidence by improving your smile