

December 2022

The Brightside of Life

How to Battle the Winter Chills

Team Member of the Quarter

Smile of the Month





Thank You

As we approach the end of 2022, I would like to express my thanks and appreciation for our hard-working team members, patients of the practice and suppliers who have given their continued support to Brightside.

There have been many changes and improvements within the practice and how we work over the past year. This has come along with challenges such as delays with supplies and materials at times, along with a reduced workforce and difficulties with recruitment within the dental industry.

It seems 2023 will bring many challenges for us all including economic issues and political instability. What we can assure you is that at Brightside, we are here to help meet your dental needs.

Wishing you a happy holiday season and best wishes for the New Year. Our team will be having a few days off during this time for a well-deserved rest and we look forward to seeing you in 2023.



Our Festive Opening Hours:

Friday 23rd December – 9am to 6pm
Saturday 24th December – CLOSED
Sunday 25th December – CLOSED
Monday 26th December – CLOSED
Tuesday 27th December – CLOSED
Wednesday 28th December – 9am to 6pm
Thursday 29th December – 9am to 6pm
Friday 30th December – 9am to 6pm
Saturday 31st December – CLOSED
Sunday 1st January – CLOSED
Tuesday 3rd January – 9am to 6pm



Team Member of The Quarter



Congratulations to our Receptionist Alvita who has been awarded our Team Member of the Quarter award!

Alvita provides the all-important welcome to our patients and is a vibrant, popular member of the Brightside team. Thank you Alvita for your hard work and dedication.

Smile of the Month

Brightside Smile of the Month – December 2022

BEFORE

AFTER



Dr Ketan Shah

**brightside
dental**
Home of Calm and Gentle Dentistry

Debbie first visited Brightside Dental in 2020, having been recommended by a number of friends and members of the local community.

She was unhappy with her smile, especially her crooked front teeth, however she felt nothing could be done to improve it.

Following a consultation with Dr Ketan Shah and a discussion on the available treatment options, Debbie chose to have Invisalign clear aligner treatment to straighten her teeth and improve her smile.

The treatment went very smoothly and only took eight visits to the practice in total, from the fitting of her aligners, over a period of 13 months.

Less appointments were needed in the practice as we used Dental Monitoring, using advanced A.I. technology, to keep a weekly review on the progress of her treatment remotely.

Debbie's treatment consisted of:

- Invisalign teeth straightening
- Teeth whitening
- Retainers to prevent unwanted movement of the teeth

Watch Debbie share her experience of the process and how he feels about her new smile:



If you would like to know more about how we could help improve your smile, you can phone the practice at 020 88884401 or email: info@brightsidedental.co.uk.

Dr Ketan Shah

Practice Principal

BDS (Lond) 2000, MFGDP(UK) 2003



Ketan graduated from Guy's Dental Hospital in 2000. He worked at the practice as an associate since 2004 and took over ownership in 2010. He regularly attends courses and training to further his skills and knowledge, to improve the patient experience.

Ketan has carried out advanced training in orthodontics and has been providing both fixed braces and Invisalign for over 12 years. He is experienced with dental sedation and is a Dental Phobia Certified Dentist.



QUOTES, JOKES AND TIPS



WHAT DID THE WISE
MEN SAY AFTER
THEY OFFERED UP
THEIR GIFTS OF GOLD
AND FRANKINCENSE?
WAIT, THERE'S
MYRRH...



KEEP CALM
AND
JINGLE ALL
THE WAY

WHAT DO SANTA'S ELVES
LEARN IN SCHOOL?

THE ELF-ABET 😊

What do Santa's elves learn in school? The elf-abet.

After eating high-sugar foods and beverages, if you don't have mouthwash or a toothbrush and toothpaste on hand, at least rinse your mouth with water. This way, you restore the pH balance in the mouth, which decreases due to the sugar and carbohydrates

Battle the Winter Chills: Tips to Keep Your Mouth Healthy

Dry and Chapped Lips

This is a common issue in winter! Protect your lips as exposure to cold wind and high UV from overcast conditions can dry your face. Using a lip balm daily and also drinking plenty of water to hydrate your skin can help save your lips this winter.

Stay Hydrated

During winter we may increase the amount of hot drinks we consume. These include hot teas, hot coffee and hot chocolate. We tend to sip these drinks as great winter warmers, but beware the sugar that may be in your cup or mug! Drinking plenty of water throughout the day can help rinse the sugar and acid off of your teeth and will help keep your natural protective saliva flowing.

Boost Your Immune System

During a cold or flu we often take cough syrups, warm lemon drinks, orange juice, sugary soothers and lozenges. The reliefs we take to help ease a cold are often sugary or acidic which can promote cavities and decay. Stomach acid from vomiting or reflux can damage the enamel of your teeth, making them weak and brittle.

To help fight the flu, brushing and flossing daily can go a long way in fighting bacteria that can make a sore throat or a blocked nose worse!

TIP: Don't forget – once you are well again, it's a good time to throw out your old toothbrush and change to a new one, as an old toothbrush can harbour nasty bacteria and viruses on it, especially when you've been sick!

Get a Dental Check

Staying indoors in winter is very tempting, but don't forget your regular six-monthly check-up and cleans! Your regular dental check can help you get ready for winter by making sure your mouth is in top condition.



THANK YOU FOR RECOMMENDING US!

Emma Kennedy

Monica Azzali

Ines Hasni

Ferduche Miah

Martina Branna

Aadam Ahmed

Elizabeth Morris

Colette Miah

Leo Shaul

Paul Sartori

Wen Li

Caroline Persaud

Tarek Hamid

Monika Kurinkova

Janet Campbell

What our patients say about us

You can share your feedback on your experience at Brightside Dental [here](#), or go to:

www.bright-sidedental.co.uk/testimonials

J

Jayshree Gulabivala



★★★★★

Saw Ketan today- highly professional. Mihaela the hygienist- very good and informative. Been seeing Ketan and Mihaela for a number for years now- highly recommend.



Jim Munson



★★★★★

Very customer focused practice with a high standard of care. Would recommend.

K

Kennedy Bloomer



★★★★★

Friendly, informative and helpful. Felt immediately at ease and everything was explained clearly to me. Options for payment plans too.

S

Sofika Poci



★★★★★

I received excellent care at Brightside Dental. Mihaela did a brilliant job and would highly recommend her to anyone.

K

Karen Windy



★★★★★

Amazing dental practice who have deep understanding of nervous patients! I now travel over an hour and a half to go here and will not be changing it ! Ten out of Ten they go the extra mile