

The Brightside of Life!



Welcome to our January Newsletter! And a very Happy New Year to each and every one of you. We hope you had a wonderful Christmas, with the chance to take some well-deserved time off.

January is the perfect time to make positive changes and adopt healthier habits like exercising regularly, eating more fruit and vegetables, and drinking the right amount of water.

We all know how these behaviours benefit our minds and bodies, but did you know they can benefit your oral health too? Read on to find out more.

Are you considering straightening your smile with Invisalign but missed out on our Black Friday offer in November? This could be your last chance to take advantage of this transformative treatment at its current price!

New Year, new you!



Which positive habits are you committing to in 2023? Improved diet and exercise can do wonders for your cardiovascular health, helping you lower cholesterol levels and avoid many diseases.

But did you know these positive habits can improve your oral health too? **A Journal of Dentistry study showed that people who have never smoked and exercised regularly are 54% less likely to develop gum disease.**

Ex-smokers who begin exercising regularly reduced their risk of gum disease by 74%.

Diet is equally important - eating and drinking the right things doesn't just make your teeth sparkle but can even help keep tooth decay and gum disease at bay, staving off potentially life-threatening conditions like heart disease and stroke. Win-win!

We always recommend brushing twice a day, flossing either in the morning or before bed, and visiting us for a check-up every six months.

Get in touch to book an appointment and start 2023 off on the right foot!

Book a check-up

Straighten your smile for less!



Have you spent the last few years worrying about your misaligned teeth and debating orthodontic treatment? Now's the perfect time to make a change!

Invisalign is discreet, comfortable, flexible, and effective. Unlike traditional metal braces, the aligners are nearly invisible and removable so you can eat, drink, brush, and floss whenever you like.

Plus, at Brightside Dental, we make your treatment as convenient and flexible as possible. We'll track your treatment remotely through the Dental Monitoring app - rather than visiting us in person to check the progress of your treatment, you can manage everything from your phone!

Our Invisalign fees currently start from £2,995, although this will be increased in the next few months.

If you're considering treatment, book your FREE consultation appointment now to take treatments above £500.

Visit our website to learn more about our payment plans or book a FREE Invisalign consultation.

Discover more

Visit us for a FREE Invisalign consultation!



Your teeth are incredibly important - we know that better than anyone! If you're considering orthodontic treatment, we always want you to feel as informed as possible before proceeding.

That's why we're offering FREE consultations to all patients considering straightening their smiles with Invisalign clear aligners!

During this consultation, we'll take a 3D scan to assess your suitability for treatment, discuss your goals, run you through costs and timings, and answer any burning questions you might have.

Why wait? book your free Invisalign consultation today!

Book your FREE consultation!

Smile of the Month!



This patient came to us with insecurities about the large gaps between his teeth - they made him reluctant to laugh or smile in pictures, which had a significant impact on his life.

He also wanted to remove the surface stains around his top and bottom teeth for a brighter, healthier-looking smile.

We produced this beautiful result using Invisalign aligners to gradually and gently close the gaps between his teeth. Then, we used teeth whitening to elevate the shade.

He was absolutely thrilled with the result and is proud of his beautiful new smile! We couldn't be happier for him.

Would you like to change something about your teeth in 2023? We would love to help! Book FREE a consultation via our website.

Get a more confident smile

Team News !



We wanted to say a big congratulations to Caroline, our fantastic Clinical Dental Technician who celebrated 11 years at Brightside recently. She has restored hundreds of smiles and enabled patients to enjoy their food more by creating bespoke dentures.

We had a lovely team Christmas dinner, which took place at The Cinnamon Kitchen! There was also a surprise private show with the amazing magician, Magic Junior - none of us could work out how he achieved any of his tricks!



This month, we're thrilled to introduce Taja, our Trainee Dental Nurse and newest member of the team! Here's what she has to say:

"I am so excited to be welcomed to the practice with such a great reputation and working alongside people who I can always learn from. My job has always involved working with people and being part of healthcare which makes this job so much more rewarding. I'm confident that this is the perfect career choice for me and I am looking forward to continuing my journey"

Hear from our happy patients



Our patients are at the heart of everything we do - that's why there's nothing we love more than reading your kind words about visiting Brightside Dental! Here are a few of our favourites from the last couple of months:



Sara Gąsiorek

6 reviews · 3 photos

★★★★★ 14 hours ago **NEW**

I had another fantastic visit with Dr Ketan Shah. He is very knowledgeable and provides detailed examinations. I love the fact you can ask anything and get your scan done digitally. Dentistry and customer service at its best! I highly recommend this practice to anyone looking for a fabulous dentist with skills and friendly approach. 🙌

👍 Like



Mary Fellows

3 reviews

★★★★★ a week ago **NEW**

I have attended Brightside Dental for a number of years now and can highly recommend Dr Ketan Shah who always does a thorough job and put's you at ease.

👍 Like



Glynn Davis

2 reviews · 2 photos

★★★★★ 3 weeks ago **NEW**

Always good experience. The team are always friendly and professional and the practice is always on top of new methods and techniques. Would highly recommend.

👍 Like



Vali Trifan

1 review



★★★★★ 4 weeks ago

Great dental practice, from reception staff to nurses and doctors, everyone is professional to the highest standards, kind and helpful. They make you feel at ease and the dentist / hygienist explain all procedures, they are understanding and listen to you! They always remember you and give you the best appointment experience!

Thank you, again!



Thank you so much to all the patients who have left us a review recently. If you've had a visit to write home about at Brightside Dental, we'd love to hear about it! **Share your thoughts below.**

Share your thoughts



Brightside Dental, 4 Maidstone Road, Bounds Green, London N11 2TP

w: brightsidedental.co.uk t: 020 8888 4401

Dr Ketan Shah trading as Brightside Dental

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