

The Brightside of Life

April 2020 Issue



URGENT

Practice Update

It is with a heavy heart that I have to inform you the practice is closed for new bookings until further notice. This is in line with government guidelines and with the the safety of our patients and team members health being our highest priority.

As a result of the progress of Coronavirus, we are only currently able to provide urgent and emergency dental care, for example facial swellings; uncontrolled bleeding trauma and severe dental pain.

We are able to send prescription requests to Clockwork Pharmacy for collection.

Our opening hours are currently very restricted. If you need to contact us, the best method is by email, to which we can reply even if not at the practice. We have an out of hours phone answering service who will pass on message to us.

All patients who are part of the practice membership club will have their monthly payments stopped until further notice and will still retain all benefits and appointment allowances.

Anyone who has paid in advance for treatment or a deposit will remain in credit. If you would prefer to receive a refund, please let us know.

We are still available to help our patients where possible. If you need any dental advice or have a concern, please send us an email or call us and we will offer advice.

We are putting in place the option to arrange video consultation with us to discuss your dental needs.

There will be regular posts on our social media pages, where there will be the most up to date information and practice news; along with advice on taking care of your mouth in the best way to try and avoid dental problems while we can't see you.

Find us on Facebook at

<https://www.facebook.com/BrightsideDentalUK>

and Instagram at

<https://www.instagram.com/brightsiden11/>

Tips To Keep Yourself Healthy

During this period, all our lives and routines will drastically change

- ✓ Ensure you follow your recommended oral hygiene protocols diligently
- ✓ Limit the amount and frequency of sugar containing foods during the day
- ✓ Make sure you have all the oral hygiene products you need. If you are struggling to buy items you normally get from us, let us know and we can see if we can help
- ✓ Drink plenty of water
- ✓ Remember that this situation will be temporary – your health is for life
- ✓ Exercise regularly – even if you can't get to the gym or out of the house, there are many exercise routines freely available online
- ✓ Consider a meditation app such as Calm or Headspace. Mental health is more important than ever

We are very grateful for all the positive messages and support from our patients and really appreciate your understanding.

I have no hesitation that once this situation is resolved, Brightside Dental will be back stronger than ever and able to provide you with the service and care you expect from us.

Take care and stay safe.

Ketan

3 Top Tips To Look After Your Teeth This Easter

- **Ensure Regular and Thorough Brushing**

Children (and adults) are not always fond of brushing their teeth and will sometimes go to great lengths to avoid it. Help them understand the importance of twice-daily brushing with books, colouring pages, videos, and anything else you think will help. Children need to be brushing their teeth as much if not more than they usually do when Easter treats are abundant.

- **Drink Water After Sweets**

Water flushes away food particles that work with mouth bacteria to form decay-causing acids. Serve water with Easter sweets and encourage your children to drink it as they eat chocolate bunnies and other sweets. Wait at least 30 minutes after eating before advising the children to brush their teeth to avoid brushing acids into tooth enamel.

- **Avoid Snacking Throughout The Day**

For the teeth, it is best to have sweet treats all at once and ideally after meals. The more frequent sweet things are eaten and drunk, the higher the frequency of acid within the mouth which is more damaging to the teeth. Also, please avoid sweets late at night and close to bedtime.



Smile Of The Month



Katy first visited Brightside 4 years ago, primarily because she had always been unhappy with her smile but had never found the right solution for her and it was having a major impact on her confidence.

Various treatment options were considered and Katy decided on having fixed cosmetic braces to straighten her teeth with our principal dentist Dr Ketan Shah. The decision was more significant in her case than most patients as the treatment involved extraction of 4 teeth before fitting the braces (for most of our patients extractions are not required). The braces were in place for 2 years.



See Katy's reaction to her new smile here:

<https://youtu.be/AEfauAEDGFw>



Once the teeth were straightened, a course of teeth whitening was carried out to brighten up the colour. Katy had a further problem that a number of her front teeth were chipped and mis-shapen. After looking at different solutions, we carried out the relatively new Smilefast treatment of composite bonding on the upper front 6 teeth and reshaped the lower front teeth – this was done in 2 appointments to complete the transformation of Katy's new smile.

As you can see from the photos, her smile is unrecognisable to 3 years ago and Katy is very pleased with the results; now smiling instead of covering her mouth which she used to; and is feeling much more confident.

If you would like to find out about how we may be able to help improve your smile, contact us on 020 88884401.

Thank You For Your Referrals

**Lauren Corcoran, Brenda Howard,
Shankar Subramiam, Saz Bek,
Greg Sawter, and Marie Christou**

What Our Clients Say About Us...



andrew tribe

5 reviews - 1 photo

★★★★★ a week ago

I have been going to Brightside for many years now and always find them professional , pleasant and helpful. I would recommend them very strongly.



Alexander

1 review

★★★★★ 2 weeks ago - 📅

Great dental practice - polite and friendly staff who made me feel welcome, explained everything and did a very thorough job.



Tarek Hamid

1 review

★★★★★ 3 weeks ago

Outstanding service from reception to treatment. Highly recommend Mr Darbar, he is really good at what he does, can't even see or feel the filling he done, which means it was done well! And almost no pain!



Paulina Branding Photography

7 reviews - 1 photo

★★★★★ 3 weeks ago

The service at this practice is always amazing. The staff is so friendly and my dentist is always explaining entire procedure of my treatments. I have full confidence in what he does. He made me feel at ease and never dread dentist again. Even my little 5 months old was so well behaved as my dentist and his assistant were so good with him and the treatment was thorough and quick. I can highly recommend this practice.



sharon lawson

1 review

★★★★★ 3 weeks ago

I am always extremely satisfied with the support and treatment..and look forward to attending my appointment. Today was more then special..as I saw Michalar the Therapist..My treatment was perfect!!

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 88884401 or For More Patient Stories, Visit Us:

www.BrightsideDental.co.uk