



The Brightside of Life

May 2020 Issue

Brightside

10 Year
Anniversary



Brightside Dental will have been running for 10 years on 1st May this year. The dental practice was first established over 40 years ago and I have been working here for just under 16 years. Although current circumstances mean we can't formally celebrate, this is a fantastic milestone we have reached.

I am hugely proud of the progress we have made at the practice during the past 10 years, which has meant we can serve our patients better by offering a wider range of treatment options; advanced equipment and technology as well as more comfortable surroundings. We have invested significantly in both financially and time in equipment, refurbishments and technology.

This started with becoming computerised on the first day I took over ownership; full refurbishment of all our treatment rooms and creating a dedicated decontamination room to various projects being worked on including contactless check in and departure when visiting us - which is now very relevant with Covid-19.

I would like to thank all of our patients, whether joining the practice recently or those who have been with us for the whole of my time here, with many who have been with the practice from the start in the 1980's; our team members both past and present whose hard work and commitment has helped us progress to where we are; also all suppliers, coaches and consultants who have provided invaluable support and advice.

Although the practice is currently closed, I look forward to the (delayed) start to our next decade and look forward to providing the best care we can for our patients and continuing progressing in the ethos of Brightside Dental.

Ketan



Enter Our COLOURING CONTEST!



As the children are home during COVID-19, we want to encourage them to stay active and busy. To make it fun, we will be having a colouring/drawing contest!

*Participants will have a chance to win
a £25 Lego/Amazon voucher*

*AND Brightside Dental will
donate £1 per entry to*



To enter is easy!

- ✓ *Either grab a colouring sheet here:
<https://www.bright-sidedental.co.uk/dental-special-offers.html>
or create your own dental/NHS Covid-19 themed artwork*
- ✓ *Check in on our Facebook page, post a picture with the artist holding their finished artwork and tag us @bright-sidedentaluk
<https://www.facebook.com/BrightsideDentalUK>*

Please share with friends and family members - help our children have fun and help the NHS.

Contest closes 1st June when the winner will be chosen.

Virtual Consultations Available With Brightside Dental

With the practice currently closed for bookings and us still being on lockdown, with many of our patients self-isolating, dental treatment is challenging to say the least. We have been providing telephone advice and remote prescriptions where required for our patients. At the moment, we don't know how soon the situation will change and when we will be able to start seeing patients for appointments.



During this time where many people are at home and possibly not working and having more time available, we are finding an increased number of enquiries for advice on treatments for smile improvements such as for crooked or misshaped teeth; gaps and missing teeth; and improvements in the colour of people's teeth.

We are very happy to announce that we are able to offer FREE virtual consultations both for patients of the practice and friends or family members. The consultations can take place via Zoom, Whats App, FaceTime – we will set up the bookings to suit you and at a convenient time.



Brightside's Principal Dentist Ketan explains how this works here:

<https://youtu.be/46Rd8n3oQk8>

If this is something you would like to arrange, visit:

<https://brightsidedental.virtuaden.com/book>

or give us a call on 020 88884401.

In the meantime stay at home, stay safe and we look forward to seeing you in the near future either virtual or in person.

Morning Routine Habits

For most of us, over the past few weeks our lives and daily habits have changed dramatically. Now more than ever, it's important to have some structure and



routine to help us through these difficult times and also ideally to be able to continue and maintain this once a new “normal” becomes reality. This situation will end and it's important that we are in the best mental and physical state to move forward in the best possible way.

In these series of 5 videos, Brightside's principal dentist Ketan discusses his morning routine and how the lockdown has given an opportunity to make these actions daily habits as part of a routine.

- Video 1 <https://bit.ly/2wL95HI>
- Video 2 <https://youtu.be/gQHIYLI7g4I>
- Video 3 <https://youtu.be/PNu0HnEjChs>
- Video 4 <https://youtu.be/8KiGp2dyg-Q>
- Video 5 <https://www.youtube.com/watch?v=iUoWYURc2ZA&feature=youtu.be>

Here are the links and information on the resources discussed in the video with details of offers available.

- Calm: <https://blog.calm.com/take-a-deep-breath>
- Daily Greatness <https://dailygreatness.co.uk> 10% with code DGJ10
- Lean Greens <https://bit.ly/2XHZPir> Discount code – BRIGHTSIDE10
- Peloton Fitness <https://www.onepeloton.co.uk/app> free for 90 days
- Robin Sharma – 5AM Club <https://amzn.to/2VeEmMc>
- Hal Elrod – Miracle Morning <https://amzn.to/34Jvf9r>

If you would like any further information from Ketan or any of our team, please contact us.



Practice Update

At the time of writing (27th April 2020), we are around halfway through the second period of lockdown and the practice is still closed for face to face appointments.

Currently, we don't have advice from the government as to when we will be able to reopen the practice. What does seem to be the case, is that as for many of us in both our personal and professional lives, the provision of dentistry will be different pre-Covid 19.

Whilst unable to see patients, we have been keeping up to date with guidelines and regulations as well as all of our team taking time whilst at home to undertake learning and training to maintain their skills and for new learning.

We are also planning ways in which we can improve our infection control measures to an even greater level to the high standards we have always worked to and also implement new and more efficient ways of working to improve our service to you.

Any patients who have had appointments cancelled or needed help from us during the past few weeks will be contacted once we are in a position to arrange an appointment.

For the latest updates, please visit our social media channels:

www.facebook.com/BrightsideDentalUK

www.instagram.com/brightsiden11/

If you need any further assistance or have any questions you would like answered, please do contact us.

Thank you for your continued patience and understanding.