



“Keeping your smile healthy for life”

**FREE**  
gift\*

## Refer a friend

If you're happy with the care you receive from us, please don't keep us a secret!

Refer a friend or family member to us and when they attend a combined exam and hygiene session, or a comprehensive assessment you can choose one of the following gifts:

1

Complementary hygiene session  
worth £115

2

Electric toothbrush  
minimum value £100

3

Gift voucher for Jamie Oliver's  
Italian restaurant  
worth £50

\*Terms and conditions apply,  
please ask us for details.



## Smile-care monthly

At Clifton Dental Studio we aim to provide you with the best quality of dental care. This means ensuring it is affordable, which is why we run our own dental membership plan called 'Smile-care monthly'.

As a member of the scheme, in return for a regular monthly payment, you will receive regular maintenance visits and x-rays, vital for prevention of tooth decay and gum disease. In addition to this, you will receive a 10% discount on all treatment fees. Members also receive a five year guarantee on fillings, crowns, veneers so long as they attend their prescribed hygiene sessions.

We run regular special offers for members. We are currently offering electric toothbrushes at cost price to the first 20 Smile-care members to respond within the next 10 days. We recommend electric toothbrushes as they can help penetrate deep beneath teeth and gums, dramatically improving the health of your gums.

If you would like to join the scheme, or if you are already a member and are interested in buying an electric toothbrush, please call the practice on 01179 731 910.



## Exclusive member offer

Cost price electric toothbrushes for the first 20 members to respond within the next 10 days.

# Are you too busy to clean your teeth?

A third of adults in the UK do not brush their teeth for long enough because they get distracted or are too busy, according to a new survey.

Running late or rushing to get ready are the main reasons why so many people cut their tooth-brushing time short, followed by getting distracted by children or phones.

The survey, carried out by the British Dental Health Foundation, found that women were more likely to be distracted from brushing their teeth than men, while people aged over 60 were most likely to brush their teeth for the recommended two minutes.

Skimping on the amount of time you spend brushing means that you do not clean your teeth adequately, which can lead to tooth decay or gum disease. The Foundation's Chief Executive Nigel Carter said: "Everyday care is vital... your toothbrush is one of the best weapons against decay and gum disease."

The Foundation recommends that everyone should brush their teeth for two minutes twice a day, especially at bedtime, using fluoride toothpaste.



## Rob's story

**"The difference is amazing"**

After receiving disappointing treatment from other dentists over the years Rob came to Neil for help with pain, sensitivity and other long term dental problems.

"I decided to get everything sorted, with a complete course of treatment on all my teeth. I have not been disappointed. All cracked teeth, some very heavily filled, and old crowns have been replaced or treated and strengthened and two implants have saved me from having to have a plate. Unsightly gold and silver coloured crowns and fillings are a thing of the past and those painful bites and sensitive areas I put up with for so long have settled down. Finally, I was conscious that my teeth were yellowing so I undertook a home whitening course and the difference is amazing. I didn't go in for this treatment for vanity reasons, but to save my teeth and also to make them look good at the same time. I only wish I had found Bristol Dental Studio earlier."

**Rob Drayton, MBE, Somerset.**

Beautiful straight teeth  
in just six months

**FREE**  
tooth whitening  
with Six Month  
Smiles\*

**Would you like a gorgeous straight smile without having to wear braces for 18 months or longer? Well now you can, thanks to the fantastic new Six Month Smiles.**

The treatment is affordable and highly effective, and the braces we use are discreet and more comfortable than most traditional ones.

To find out more about this or any of the other ways that we can enhance your smile please call us on **0117 973 1910**.

\* Offer available to the first 9 people signing up for Six Month Smiles within the next 10 days. Not applicable with any other offer.

### Clifton Dental Studio

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