



clifton  
— DENTAL STUDIO —

phone 0117 973 1910

“ Keeping your smile  
healthy for life ”



monthly newsletter

NEW

## Team member

### Noushad Rahim

Endodontist

BDS (Manipal University, India) MDS, MFGDP(UK),  
MJDF RCS (ENG). GDC number 111437



Noushad received his dental degree in 1996 from Manipal University (India) and went on to complete a Masters Degree in Endodontics and Conservative Dentistry. He has also passed the Membership Exam at the Royal College of Surgeons, England. He worked for more than 7 years in the United Arab Emirates teaching Clinical Endodontics to the undergraduate students at Ajman University. He was also the Course Coordinator and Internal Examiner in Clinical Endodontics at the University. He has lectured and conducted hands-on workshops both nationally and internationally. He is an opinion leader and lectures for some of the leading UK endodontic dental suppliers. He is also a member of the British Endodontic Society. He has recently been voted into the Top 20 Elite Dentists by the readers of Private Dentistry Magazine. He enjoys treating patients in a kind, gentle and reassuring manner.

### November



Dr Alex Lindfield is supporting Movember, raising awareness of and funds for testicular cancer. If you would like to make a donation for this good cause, please contact the practice.



## Kirsty's story...

*“I choose Clifton Dental Studio as I had researched a lot over the internet and it had very positive reviews. Before the treatment I was really not confident with my smile and I hadn't been to the dentist for a long time. I decided it was time to finally take steps to making my smile the way I'd always wanted it to be. I am very happy with the outcome and feel a lot more confident with the way my teeth look. The treatment itself went by very quickly and was easy, it was definitely worth it. I wish I had done this a long time ago. Clifton Dental Studio made me feel very at ease and less nervous about dentists. I recommend them to anyone wishing to change their smile as they helped so much with mine.”*

**If there is anything about your smile that you are not happy with, please get in touch so we can discuss how we can get you smiling with confidence like Kirsty.**

NEW

# iPhone 5s can be yours **FOR FREE!\***

Refer a friend or family member to Clifton Dental Studio and when they attend a combined exam and hygiene session we will enter you into the prize draw.



## PLUS

### + A free gift for you

You will also receive your choice of one of the following gifts when someone you recommend attends a combined exam and hygiene session.

- 1 Complementary hygiene session worth £115
- 2 Electric toothbrush – minimum value £100
- 3 Gift voucher for Jamie Oliver's Italian restaurant worth £50

### + £45 off for your friend

Any referred patient will save £45 on a combined exam and hygiene session until the end of December 2013 – normal price £145.

**Please call 0117 973 1910 if you would like to refer a patient to us**

\* Prize draw to take place on 23rd December 2013, offer valid until then. Not valid with any other offer. Terms and conditions apply.

**NEW YEAR, NEW SMILE  
WHITENING ONLY £380!**



Our practice tooth whitening system can help erase stains and make your teeth up to 8 shades lighter.

### BOOK NOW

Call **0845 260 9728** to book an appointment to discuss your smile or visit our website [www.CliftonSmiles.com](http://www.CliftonSmiles.com) for further information.

Special offer price includes a free iPod Shuffle and is only available to the first 15 people who register and pre-pay for treatment before 27th January 2014.

\* Conditions apply. Not valid with any other offer.

## DENTAL IMPLANT SPECIAL OFFER

Save up to £1,490 with a free upgrade from our standard implant crown package (value £2,200\*), to our ultimate cosmetic implant crown package (value £3,690\*).

**BOOK NOW call 0117 9731910**

Offer ends 31st January 2014.

Low monthly finance available from just £47 per month.

\* Implant fees are based on one single implant and crown and do not include fees for bone grafting if required.  
Offer only available when pre-paying for treatment. Conditions apply. Not valid with any other offer.



## Prevention from an early age

*Patients often ask at what age they should start bringing their child to the dentist.*

Our practice is based on prevention therefore we encourage dental health inspections from a young age. We feel this is the best way to prevent problems such as tooth decay and help parents learn how to care for their child's teeth. After all, decay can occur as soon as teeth appear. Bringing your child to the dentist early often leads to a lifetime of good oral care habits and acclimatises your child to the dental practice, thereby reducing anxiety and fear, which will make for plenty of stress-free visits in the future.

We can also offer a range of preventative treatments which include fluoride varnishes and sealants which help in the fight against decay. Next time you are bringing your child in to see Heather remember to ask her for more details.

We recommend teenagers to have a full hour hygiene visit, to keep their adult teeth



and gums healthy for life. Adolescents are susceptible to gum disease as are adults therefore we encouraged them to start on a gum disease prevention program from at least the age of 16. Gum disease can lead to tooth loss and is related to heart disease, diabetes and stroke.

### **Our charges for children & young adults are:**

- £15 for an inspection (recommended for children ages 2-10)
- £65 for an inspection, oral health education and basic hygiene treatment (recommended for children aged 10-16)
- £115 for an inspection, oral health education and full hour hygiene treatment (recommended for young adult aged 16 and above).

Our level one Smile Care membership is perfect for teenagers. Please ask a member of our team for more information.

# Festive Facts

to get you into the Spirit of Christmas



- Although now mostly vegetarian, in Victorian times, mince pies were made with beef and spices.
- The chances of a white Christmas are 1 in 10 for England and Wales and 1 in 6 for Scotland and Northern Ireland.
- Boxing Day gets its name from all the money collected in church alms-boxes for the poor.
- Gold wrapped chocolate coins commemorate St Nicholas who gave bags of gold coins to the poor.
- The tradition of putting tangerines in stocking comes from 12th century French nuns who left socks full of fruit, nuts and tangerines at the house of the poor.

## Christmas hours

The studio will be closed from 5pm on Monday 23rd December. We are re-opening on Friday 3rd January. If you have a dental emergency during the Christmas period and are a registered patient, please contact the studio on 0117 973 1910 and follow the instructions given.

“ All the team at Clifton Dental Studio would like to wish our clients a very Happy Christmas and a prosperous New Year. ”

## FREE case of wine



Smile Care is our affordable dental membership plan. Members receive regular maintenance visits and x-rays, vital for prevention of tooth decay and gum disease in return for a regular monthly payment. Members also receive a 10% discount on all treatment fees and a five year guarantee on fillings, crowns and veneers so long as they attend their prescribed hygiene sessions.

In addition to the regular special offers available to our Smile Care members, we also run a monthly prize draw. Each month we are giving away a case of wine to one lucky winner. This month the winner is Jodie Sheppard.

If you'd like to join the plan and be entered into the draw, please call the practice on 0117 973 1910.

## Thank you

This month we would like to thank the following patients for referring their friends and family to us: Michael Fitzpatrick, Jo Ballantyne, Chloe Wring, Joe Bailey, Jessica Coombs, Lacia Nolan and Jayne Brown. Please keep the referrals coming, we really appreciate your support.

Clifton Dental Studio

Tortworth House, 92 Queen's Road, Clifton, Bristol BS8 1RT  
t: 0117 973 1910 w: [www.CliftonSmiles.com](http://www.CliftonSmiles.com)