

“ Keeping your smile
healthy for life ”



Running success

Congratulations to our lead nurse Ashley who completed the Bristol 10K in May in record time and raised hundreds of pounds for St Peters Hospice. Ashley is a member of the Clifton Running Club which is built on a passion for sociable and enjoyable fitness. They are more than just a running club. They provide running, circuits and general fitness sessions throughout the week and their sessions are all designed for mixed abilities. So, whether you are starting from the couch or an advanced hero, the sessions are designed to accommodate everyone and enable members to improve at their own pace with the motivation of a team environment and friends to improve with. They also hold regular social activities and have built a community of friends, fitness, fun and improved lifestyle. To find out more visit their website www.cliftonrunningclub.com

monthly newsletter



Before



After

Charlotte's story

“Before having treatment at Clifton Dental Studio I was conscious and unhappy with my smile which affected my confidence. I researched many practices within the South West of England as I was looking for the best treatment that was available. When I came in for my initial appointment I instantly knew I would be more than happy with my results.

The entire team made me feel completely comfortable during every appointment and my treatment was explained to me in detail. I ended up having hygiene treatment, fillings and braces. I am extremely happy with my healthy straight teeth and would recommend anybody to have their treatment at Clifton Dental Studio.”

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 Charlotte.

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facebook

Thinking about having braces?

Here are some of our most frequently asked questions answered by Kat our dental nurse who has recently had Six Month Smiles braces fitted.



Are they painful?

When the braces are initially placed, the teeth can feel bruised. This lasts for about 5-7 days and can be managed with normal painkillers. One of our team will also go through other techniques to help in the first week, and how to clean your new brace.

How long is the treatment?

Treatment length varies between patients but Dr Gerrard or Dr Lindfield can give a realistic estimate on how long your treatment will take.

Are they really noticeable?

I have found they are hardly noticeable when I am talking; it took some of my friend's ages to notice them.

Will my teeth move back when the brace is removed?

Teeth always want to move back to where they were before treatment. Therefore, we give every patient a bonded wire retainer which is not visible and is comfortable to wear, and we also ask you to wear a clear plastic retainer every night for the first 6 months and every other night or so after that. You can then be confident that your teeth will not move back!

How long before I will see results?

Again, time varies from patient to patient before you see results; I found I could see movement after 6 weeks.

If you are interested in getting your teeth straightened and would like more information please get in touch.



Save over £1000* on Six Month Smiles

Six Month Smiles orthodontic treatment is now available for just £2400 for a single arch and just £2900 for both top and bottom teeth.

Also included for a limited time are fixed retainers worth £380 (where suitable).

Offer only available to the first 7 people who register and pre-pay for treatment by the end of August 2016.

Don't miss out, call 0117 973 1910 NOW to book your FREE introductory visit.

*Terms & conditions apply. New patients only. Not valid with any other offer.

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ENTER PRIZE DRAW FOR

Dr Beats Studio Wireless Headphones

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 Complimentary 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 **30th September 2016** – normal price £145.

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

* Prize draw to take place on 30th September 2016.
Offer valid until then. Not valid with any other offer.
Terms and conditions apply.



The Dentistry Show

Heather and Carrie attended 'The Dentistry Show' in Birmingham in April. The event showcases the very latest dental innovations. It also includes lectures to keep all team members up-to-date with the latest guidelines. The ladies are both very keen learners and love to find out new techniques and products that can improve their service to all of their patients.

Book now – spaces filling fast

Happy air clinic

Are you or is someone you know a nervous patient? Help is at hand.

Relative analgesia, also known as 'Happy air' or 'Happy gas' can help to make dental visits a lot less stressful. Patients remain awake during the procedure but with the inhalation of the relative analgesia become relaxed and no longer worry about being in the dental chair. There are no lasting side effects and patients are able to drive within 30 minutes making this an ideal choice for hygiene visits and routine dental treatments.

We are running a 'Happy air clinic' on 21st July or 4th August. Please call **0117 9731910** and speak with Julie for more information and to book.

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's winners are **Elizabeth and Alan Taylor**.

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



A new addition to the Clifton Dental team

We would like to congratulate hygienist Carrie and her husband Pete on the arrival of a beautiful baby boy. George William Paul was born on Saturday 18th June, weighing in at 9lb 8oz. He has inherited his daddy's long legs and his mummy's appetite, we could have a future British lion on our hands! Carrie and Pete would like to thank everyone for their well wishes.

Prize draw winner

Congratulations to Sam Nolan, winner of our recent prize draw for an Apple Watch Sport.

Thank you

This month we would like to thank the following patients for referring their friends and family to us: John Price, David and Sue Saint, Abi Palmer, David Paniccia-Brown, Cameron Wysocki and Tom Shingler.

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Clifton Dental Studio

Tortworth House, 92 Queen's Road, Clifton, Bristol BS8 1RT
t: 0117 973 1910 w: www.CliftonSmiles.com