



Seven Ways to Stay Away – a guide for those who hate dentists!

We are under no illusion that people like dentists, so we like to help our patients minimise their visits to us. We hope you enjoy these tips.

Brush twice a day

2 minutes, twice a day stops cavities and gum disease. It's HOW you do it too – our award winning Steps to health programme will keep your teeth sparkling and healthy.

Change your toothbrush every 6-8 weeks.

In 6 weeks your toothbrush is used for 2 hours 48 mins. In 8 weeks that's 3 hours 44 mins. It gets pretty worn out and isn't effective in removing the germs (plaque)

Use a fluoride toothpaste

Fluoride strengthens teeth and can even mend early decay. Confused by the choices? Our team can work out the best formula for you.

Clean between the teeth.

About 1/3 of the gum is hidden between the teeth. Does flossing feel like knitting your fingers together? We can show you a much easier way.

Keep sweet things to mealtimes

Like a lot of thing in life, it's not how much you have, but how often you have it that does the damage! Acid erosion is irreversible, so come to see us if you are getting transparent.

Spread your costs out

We all need to budget. Essential care plans start from less than 40p a day.

Have regular checkups.

It's worth coming once a year – we recently had a patient who hadn't been for over 2 years and needed 11 fillings! Prevention is better than cure – we had just won Preventive Practice of the Year nationally – let us help you!

Contact us on 01453 764287 and book an appointment to start your preventive care & receive your free gift!