



Inglewood House Dental Practice

www.inglewood-house.co.uk

practice**news**



Welcome to our practice newsletter. Our aim is to update you on the happenings at the practice as well as featuring key dental procedures to help improve your smile.

Introducing ...

the successful treatment of Hyperhidrosis, 'excessive sweating', which is more common than people realise.

This treatment gives sufferers of this unpleasant condition, a sense of freedom to wear whatever they like and to do whatever they want to do without the embarrassment and lack of self-confidence that excessive perspiration causes. The procedure involves the

careful injection of muscle relaxant into the underarm to prevent the production of sweat. Dr Ian Dorrington is fully trained and insured to perform this procedure at the practice. The procedure has positive results for up to six months, at which point patients would need to re-attend.

Introductory offer

The first ten patients will save £100 off the price of this Hyperhidrosis treatment. So now is the perfect time to take action and eliminate this problem, just in time for summer, at a reduced rate, but hurry only ten patients will secure this discount.*

Ring to book your free Hyperhidrosis treatment consultation now.

*Offer price £300. Standard price £400. Facial plan or dental plan members will each receive a 20% discount; members of both plans will save 40%.

A fond farewell

Unfortunately, we have recently said a fond farewell to a long-serving member of the team at Inglewood House. Lindsay Hunter has now reluctantly left the practice in order to maintain a better work-life balance as she was travelling some distance to Whitefield.

We sent her off in style with a lovely lunch at The White Room, some flowers and gifts from the team. One generous patient also gave Lindsay flowers, which really touched her. She has asked me to say 'good bye and thank you' to you all.

Our Dental Therapist, Kerry Salisbury, has kindly managed to take on more hours for us, so you will still be well looked after.

Did you know?

Whitening Tuesdays

Whitening Tuesdays are going to continue throughout the summer, so you can have that sparkling white smile in around an hour.

Offer ends 31st August 2010.

Chemical Peels

Try our gentle approach. Look out for facial peel treatments coming soon.

Visit www.inglewood-house.co.uk for more details.

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Discover the power of a beautiful smile

Have you tried a CEREC® yet?

Since our last newsletter, CEREC® crowns and inlays have risen in popularity at the practice. One patient who was already well aware of their benefits is Hilary Rosenfield, she has had several CEREC® inlays, the last of which was performed in February 2010.

Each time she needs an old filling replacing she opts for a CEREC® inlay instead of a white filling. When asked to comment on the CEREC® system, she said, 'I found the procedure easy and the technology impressive. The results speak for themselves and that is why I

keep choosing CEREC®, not to mention that Dr Culshaw assures me that they help to protect the tooth, lengthening its life expectancy, which is really important to me.' For more information ask your dentist or book a free consultation with Rachel, our Treatment Co-ordinator.

How often do you change your toothbrush?

By Andrea Cosky, who has been a Hygienist at Inglewood House for 16 years.

When treating patients one of the first questions I ask is, 'When did you last change your toothbrush?' The majority of patients usually say, 'I can't remember,' and the rest say, 'Last time I was here.' Sound familiar?

Unfortunately, a toothbrush is only effective for approximately two months, therefore you need to replace it every two to three months. Electric toothbrush heads normally last longer, about four months. The interproximal (TePe®) or bottlebrushes can last for about one week before they become too difficult to use.

If you visit the practice every six months and buy your TePe®s from the practice, then you should be buying three packets in order to last through until your next visit. The correct toothbrush is again, the cause

of some debate. Most patients believe the bigger the head of the toothbrush the better. This is definitely not the case!

The majority of people need a small headed, medium textured toothbrush, such as the Sensodyne brushes that are sold at the practice for £2.50. This allows the bristles to concentrate on one or two teeth at one time rather than three or four.

You do not need to spend a lot of money on expensive brushes, this usually just encourages people to keep them for longer than they should. Even I feel overwhelmed by the huge choice on offer at the supermarket, which tends to lead to many people buying unsuitable or overpriced toothbrushes. Next time you are in the practice seeing a dentist or hygienist,



ask for professional advice about which brush or brushes would work best for you. You may find that £2.50 is all you need to spend!

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A Valentine's Day to remember

Dr Suzanne Margolis is a member of the Red Sea Pedestrians, which recently organised a spectacular Valentine's Ball at the Lowry Hotel. The event was attended by Manchester City football club players and their partners, band members from Elbow, and many of our patients.

We enjoyed the auction evening and were delighted to donate a Zoom!® tooth whitening procedure and wrinkle-smoothing treatment, both of which formed part of the Diva Day makeover prize. The event raised over £110,000 for Francis House Children's Hospice, so well done Suzy and her team, and the Stephen Ireland Foundation who jointly hosted the event!