

FACEBOOK

We are now on FACEBOOK,
COME AND JOIN US



REFURB UPDATE

Our Patient bathroom is
complete!! Look out for our
newly decorated Reception!!

*We will endeavour to cause
the least disruption to your
visit during this time.*



Thank you in advance for bearing with us.

INTRODUCE A FRIEND

New patients are always welcome to our practice and
we are always extremely grateful for recommendations
from our patients, it's a real compliment!

This year we have decided to say 'thank you!' to those
of you who are good enough to recommend us to your
friends and family.

**For any successful recommendation you make
we'll give you your next routine check up FREE***

**You will become eligible for your FREE routine Check
up once the recommended patient attends the practice
and mentions your name.*



Tel: 023 8026 2607

OPENING HOURS

OVER THE EASTER PERIOD

W/c 25th March

Monday - Thursday open as usual
Good Friday - Closed

W/c 1st April

Easter Monday - Closed
Tuesday - Friday open as usual

Should you have a Dental emergency outside of our
Easter opening hours, please call the Out of hour's
emergency service on 0845 050 8345

HAPPY EASTER from all at Fryern Dental Practice



NEW YEAR RAFFLE

Thank you for all of you that
supported our New Year Raffle for
The Sophie Appeal.

Congratulation to our 3 Winners !!!! who claimed the
below

1st Prize - Hamper

2nd Prize - £20 M&S Voucher

3rd Prize - Bottle of Wine

Sophie's Appeal was started in 2003 by Lin and
Mike Barringer with some close friends following the
diagnosis of their daughter Sophie with Wilm's
Disease.

This cancer of the kidney claimed the life
of Sophie in December 2004 at the
age of six.



DO YOU KNOW ANYONE WHO IS FRIGHTENED OF THE DENTIST?

Many people are extremely nervous or phobic about visiting the dentist and will find it difficult to undergo any treatment. For some people, their only option of having any treatment done is with sedation. Sedation is given using the drug Midazolam. It is administered by injection. Under sedation the patient

will be fully conscious but will remember little or nothing of the time spent in the chair and will be under no distress during treatment.

At Fryern Dental Practice we treat patients gently with all the TLC required, even patients who are completely phobic.

If you know anyone who's thought of having dental

treatment fills them with dread, why don't they come and have a chat with Emma about treatment with sedation. Its only a chat and best of all.... Its FREE.

Dr Emma O'Hara is a Dental Phobia Certified Dentist, for more information please visit www.dentalphobia.co.uk



WEBSITE

We are pleased to tell you our new website is up and running.

Please visit www.fryerndental.co.uk

FINANCE

We can also offer you 0% finance help with treatment over £350, please ask for details.



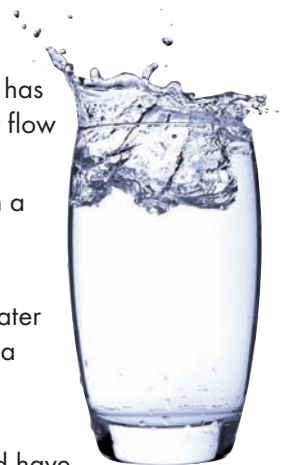
HYGIENE MATTERS

Heather is our Hygienist; she first registered as a dental Hygienist in 1977 and has worked at Fryern for the last 6 years.

What do you know about Saliva ? Heather tells us

Lovely Saliva

- Saliva is the defender of the mouth. It has antibacterial, anti fungal and anti viral properties.
- It aids swallowing, digestion and taste.
- It lubricates the mouth and helps protect and buffer the teeth from mineralization, then helping with re mineralization.
- The more we have the better.,
- Saliva flow can be affected by dehydration. A regular intake of fluids, with a preference that it is water, is the best way to hydrate.
- Medication can cause a dry mouth. Chewing sugar free gum has proved to help stimulate salivary flow in these situations.
- If you feel you are suffering from a dry mouth. Ask our dentist or hygienist for advice.
- Sometimes, just drinking more water solves the problems and maybe a change of medication could be considered.
- If the problem persists, come and have a chat.



FREE PARKING

Whilst visiting us you have FREE car parking up to 2 hours within the Fryern Arcade Car Park!

Booked in for a long appointment ? No problem, just let Reception know, we just need your car registration details and we will do the rest, giving you peace of mind whilst having your dental treatment without clock watching.

Tel: 023 8026 2607

Fryern Dental Practice
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Chandlers Ford, Hants, SO53 2DR