



Fryern
Dental
Practice

Fryern Dental Practice

Spring 2015

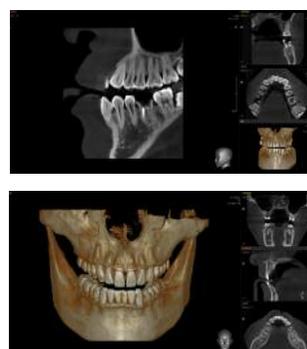
WE NOW HAVE A STATE-OF-THE-ART DENTAL CT SCANNER IN HOUSE.

To plan and place implants successfully, it is essential to have a three dimensional view of the area where we wish to place them. Traditionally x-rays only allow a two dimensional view of the proposed implant site and so there is always an area of doubt about possibility or feasibility. With our dental scanner, we can produce an exact, one for one, three dimensional image. This allows us to know exactly what is, or more importantly, what is not possible before any surgery is carried out, as well as the exact location of key anatomical structures such as nerves and the sinuses.

We can plan all cases with the greatest accuracy possible and produce a report for our patients outlining exactly what is to be done and what costs are involved.



8×8 images enable comprehensive diagnosis and treatment planning including both maxillary and mandibular areas in a single scan. It is useful for complex implant surgery as well as left or right TMJ diagnosis.



BOOKING ONLINE

We know life can be busy and booking your next routine appointment is not always at the top of your list and keeps crawling to the bottom.

If only we were open 24 hours a day !!



At Fryern, we have introduced a way to make life easier for you - you can now book your next routine appointment online at your convenience!!

How does it work you ask?

- o If you have not booked your next routine Examination or Hygienist appointment, we automatically will send you a reminder via SMS or e-mail a month before it is due.
- o To book just follow the link sent and book an appointment that is convenient for you.
- o It is as easy as that and now you can cross it off your to do list !!

If we do not have your mobile number or e-mail address, please give Reception your details. This facility has been in place since 2013 and has proved to be a great success to date

Tel: 023 8026 2607

Fryern Dental Practice
Fryern Arcade, 119a Winchester Road,
Chandlers Ford, Hants, SO53 2DR
www.fryerndental.co.uk



LOOKING AFTER YOUR TEETH OVER EASTER

With all these tempting delicacies on offer at the Supermarket, it can be hard to resist sugary snacks, but it's definitely worth considering the impact they could have on your teeth. Each time you eat anything sugary, your teeth are under acid attack for up to one hour, producing harmful acids and increasing the risk of tooth decay. This means that it's very important to keep sugary foods only to mealtimes, limiting the amount of time your mouth is at risk.

We've put together a few tips you can follow over Easter to help take the best care of your teeth without missing out on all the fun...

With Easter being a time for giving presents why not help encourage your child to look after their teeth by getting them a new toothbrush or their own toothpaste along with an egg.

Brush teeth twice a day for two minutes each time with a fluoride toothpaste, and remember to supervise children's brushing if they're under seven years of age. Put the chocolate away and out of reach so that the children aren't snacking on it between meals.

Enjoy chocolate at mealtimes, rather than nibbling throughout the day

When you've finished a meal, eat a small piece of cheese - it will help to neutralise the acids that cause tooth decay

Happy
Easter



SPRING OFFER

Have something to smile about this winter.

Get that smile you have always wanted with our Teeth Whitening Treatment

ONLY £350.00

Book your free consultation at reception today on 02380 262607



STAFF NEWS

Heather had been with the practice for 7 years as our Hygienist, however, she decided to retire last year. We would like to wish Heather all the best in her retirement.

Which brings us nicely on to welcoming Savka, who joined the practice last year. Savka qualified as a Dental Hygienist and graduated from Cardiff Dental School in 1993 with a Diploma in Dental Health (DDH).

Welcome to Verity. Verity joined us In August 2014, as Dental Nurse with Steve Monday - Wednesday. She has a National Certificate (NEBDN) in Dental Nursing. You may also see Verity on reception on a Thursday and Nursing with Sean on Friday during his Implant clinic

Welcome back Ellie. Ellie retired from the practice in 2009, and, after a few years off, she is now back working on a Monday on Reception.

Opening hours over the Easter Period

Monday 30th - Thursday 2nd April open as usual

Good Friday - Closed

W/c 6th 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



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