



# The Whole Tooth

from Behind the **Big Red Door...**

[www.wrexhamdentist.co.uk](http://www.wrexhamdentist.co.uk)

APR 2021



## PASSION for Prevention

Following the success of our videos recorded in lockdown by Dental Therapist Beth starring her fabulous boys, we have been approached by HEIW (Health Education & Improvement Wales) to pilot an educational programme promoting preventative oral care across Wales. We are delighted to have been given this opportunity as we are passionate about prevention. Our ultimate aim is to create an accessible service for all incorporating videos, on-line interactive sessions and work-in-practice treatments to encourage and develop healthy oral care habits.

## Scale & Polish

Hygiene appointments are now all AGP (aerosol generated procedures), meaning we no longer need to provide hand-scale only treatments. The Hygiene Clinical Team are fully protected from spray particles so they will look and sound different to the last time you saw them but beneath the heavy-duty kit they are still smiling. Hygiene appointments are readily available so give your teeth a treat with a scale and polish. Don't forget, whether you are a NHS or private patient you can join one of our Hygiene Plans to spread the cost of your oral care over the year with monthly payments.



## Look as Young as You Feel

If you are keen to bounce back into the world with a fresh face but feel your skin has suffered the effects of lockdown, you can regain your youthful appearance without cosmetic surgery at Ruabon Road. Our Facial Aesthetic clinic is open Monday evenings for wrinkle reducing treatments and consultations. Appointments must be booked in advance so **contact us**



## In the Spotlight

Andrea Charles is a Senior Nurse and Training Officer at Ruabon Road Dental Practice. With over ten years of dental nursing experience under her belt, she has the knowledge and skills to teach and mentor the trainee nurses to the highest standard. "Preparation, communication and organisation are key to being a good dental nurse. Whilst procedures and technology have advanced over the years, the fundamental skills, physiology and clinical elements are no different to when I was an apprentice nurse". Andrea celebrates her 40th birthday this month just in time for the ease in lockdown restrictions so she could enjoy a well-earned mini-break in Wales.

**Happy Birthday Andrea!**

## STRESS Awareness month

It's fair to say that the past year has been more demanding than any of us could have imagined. The Ruabon Road team are taking on the Stress Management Society's 30 day challenge, where we chose a simple action for our physical, mental and emotional wellbeing to carry out every day. Why 30 days? Because that is how long it take for an action to become a habit and create positive change.

**For more resources to help reduce stress visit [www.stress.org.uk/stressawarenessmonth/](http://www.stress.org.uk/stressawarenessmonth/)**

## Refreshing news

You may have noticed our website evolving as we continue to add content and features about our latest products and services including an **Invisalign page** with advice, videos and a Smile View QR code to see how you could look after clear aligner treatment.



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