



The Whole Tooth

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

www.wrexhamdentist.co.uk

MAY 2021



National Smile Month

National Smile Month is here, and we are fully on-board raising awareness of the importance of good oral hygiene.

Activities and events you can get involved in with us include:

- Rate my plate • Cleanse your cupboard
- Great British Brushathon
- Dental Buddy Programme for Kids

Visit [How you can take part in National Smile Month Oral Health Foundation \(dentalhealth.org\)](http://How you can take part in National Smile Month Oral Health Foundation (dentalhealth.org)) for details.



In the Spotlight

Being Dan Naylor's clinical nurse for the past two years, Naomi has developed a strong rapport with their patients, assisting in treating a variety of cosmetic and restorative cases. From routine examinations to complex procedures, Naomi's challenge is to ensure the surgery is appropriately equipped and that Dan has the instruments he needs to hand for the treatment to run smoothly. 'I need to be focused on both Dan and the patient in the chair, but at the same time I'm mentally planning the next clinical set-up'. Naomi is also busy planning at home for exciting times ahead with her new baby due this summer.



Brush up on your oral care

Sounds too simple but brushing your teeth twice a day for 2 minutes with fluoride toothpaste is the single best thing you can do to keep your mouth healthy. If plaque isn't removed by brushing, it builds up and can lead to tooth decay and gum disease, which over time leads to tooth loss.

Top 5 brushing tips

- Always brush your teeth before you go to bed plus one other point during the day.
- Do not rinse your mouth with water to keep fluoride on your teeth for longer.
- Electric toothbrushes are more effective at removing plaque than manual brushes.
- Change your toothbrush or toothbrush head every 10 weeks or sooner if worn.
- Brush all areas paying special attention to the edges of crowns, bridges or implants.

In support of our commitment to provide affordable dentistry for all, our partners Practice Plan have agreed to **waive the joining fee for the whole of Summer 2021** for all of our membership plans, so not only can you save and spread the cost of your dental and hygiene care, if you sign up in June, July or August it is FREE to join.

**SUMMER
Special Offer**

To help you brush effectively we have Oral-B PRO 2 black edition electric toothbrushes with travel case available for just £49.99 (RRP £79.99). Interdental brushes, antiseptic mouthwash and specialised toothpastes are all available to purchase directly from the practice.



**JUST
£49.99**

**We've
Missed
You!**

It's been over a year since we have been able to offer routine check-ups but fingers crossed that day is getting closer. **We have identified children aged between 6 and 12 years** as our next priority and are now contacting parents/guardians to book your child's dental assessment.



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01978 364390



info@wrexhamdentist.co.uk