

Practice News

Olaf Rupp is our new hygienist. He trained to become a hygienist in Denmark and now lives in West Sussex. Since joining the practice, he has settled in extremely well and is popular with patients as well as staff.

Joe Perera became a father in December 2009 when his baby girl Olivia was born. Congratulations to Joe and his wife from everyone at the practice.

Lotte Katz took part in the Brighton Marathon in April 2010 and did extremely well. She is currently in the process of extending her house and gives thanks to her neighbours for their patience.

Cherry Streater has just celebrated her first wedding anniversary.

Alex Badaru has been travelling to Prague on his motorbike this autumn.



Maria Alderman completed a 13-miles charity walk in Brighton in June to raise money for the Martlett's hospice.

Tom Aniscenkovas has got engaged and plans to marry Bintha, also a dentist, in May next year.

Congratulations to Tom and Bintha from everyone at the practice.

Margaret Foxton has travelled to Peru again, working as a volunteer dentist in remote areas of Peru where dentistry is difficult to access.



Sam Cove's baby Charlie is now 20 months, and finally walking and chatting. Her daughter Erin is now 8 years old. A big welcome to two new members of staff: Jami Patchett joined us in August 2010 to cover for Inga, who is on maternity leave until next year. Sophia Gore also joined us in August 2010 to help us out in the reception. She is Margaret Foxton's daughter

and is working for us during her gap year, after getting excellent grades in her A levels.

Bad luck for our hygienist, Gill Archer, who broke her shoulder earlier this year, but thankfully all is healed now and she is back at work.

Congratulations to our dental nurse, Rosie Moir, who recently passed her exams in dental nursing.

Our dental nurse Inga Lennon gave birth to her baby son in September. Congratulations from everyone at the practice.



Ben Zanjani took part in the Heroes Run on Hove seafront in May 2010 and ran 10 K dressed up as He Man. His son Kian finished the 500 meter run dressed as a Power Ranger.

Newsletter

HENFIELD DENTAL SURGERY

Gentle & Caring



Welcome

to our 4th newsletter. Henfield Dental Surgery practises caring and preventative dentistry in a relaxed and friendly environment and we are happy to see that patients from across West Sussex continue to join our modern and state-of-the-art practice. New and innovative procedures in dentistry are constantly being developed, allowing dentists to give more options to patients. White fillings are now more realistic looking, durable and long-lasting, implant techniques and materials are constantly improving, reducing the chance of complicated surgery, new techniques in tooth whitening allow us to whiten teeth in a safe and easy way and smile makeovers can now be performed on most patients with minimal intervention.

I hope you find our newsletter informative and useful and I would like to take this opportunity to thank you all very much for your support. Without your recommendations we would not be able to invest in new techniques and improve our services.

Ben.



Dental Implants

Implant techniques and materials are constantly improving and they are a popular option for tooth replacement as they are far superior to any other method (such as bridges and dentures). For instance, Nobel Biocare has introduced the All-in-4 technique which enables the dentist to place implants at different angles. In this way, complicated surgery such as sinus lifts and bone grafting can now be avoided, while excellent results are maintained.



Henfield Dental Surgery is a referral centre for dental implants. If you are not a patient at the practice, your own dentist can refer you for implant treatment at the surgery with our consultant Dr Harpal Chana.



* Before and after shots.

"A 'huge' thank you to you, Ben, especially and to your dental nurses for all the kindness, help and expertise during the time up to and including the implants. You have done a fabulous job and it is now a pleasure to smile again!! The implants have more than exceeded my expectations and this is all down to you and Harpal".

Thank you card from implant patient at Henfield Dental Surgery.

Implants are an excellent and cost effective solution for missing teeth.

Tooth Whitening

Hundreds of our patients have already had tooth whitening done with excellent results. At Henfield Dental Surgery, we treat our patients with Rev, which gives excellent results – it is safe, easy to use and only involves 15 minutes a day for 2-4 weeks. This method is, in our opinion, a lot more effective than power-whitening with light. It is also a fraction of the cost of other whitening treatments.

To discuss your tooth whitening options, free consultations with any of our dentists are now available.



Our Brand New Website

Please visit our brand new website at www.henfielddental.co.uk. Our website provides useful information about the different treatments offered by our dental practice, prices, opening hours, contact information and directions.

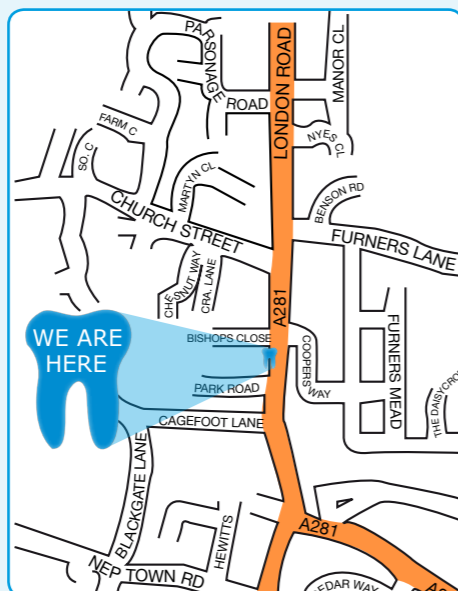
Sundries

Have you ever considered buying your dental products from us? We are usually cheaper than other shops as we are not VAT registered and we do not make a profit from selling dental products, but keep our prices low to help our patients maintain their dental health.

Designed, printed and distributed by design-copy-print, Henfield 01273 493098

design-copy-print

How to find us...



Contact Us

Henfield Dental Surgery
High Street, Henfield,
West Sussex, BN5 9DA
Tel: 01273 492228

hendental@btconnect.com
www.henfielddental.co.uk

Opening times

Mon	9am-6pm
Tues	8am-7pm
Wed	8am-6pm
Thurs	9am-6pm
Fri	9am-5pm
Sat	9am-4pm

Private out of hours emergency cover is available, details on surgery answer machine.

Endodontics

Our dentist Joe Perera has a special interest in endodontics (root canal treatment).

Joe has been at the practice for 5 years where he has proved to be very popular with patients. Joe is a highly skilled and gentle dentist who is able to carry out root canal treatments painlessly and successfully. He uses the very latest in dental materials and his techniques are at the forefront of dentistry.

Our prices for root canal treatments are very competitive and are often much less than those quoted by other practices in the area. Please call the practice to discuss with our friendly staff.

Henfield Dental Surgery accepts referrals for root canal treatments. Appointments with Joe are also available on Saturdays.

Smile Makeover

More and more people are choosing to improve the look of their smile by having a smile makeover. At Henfield Dental Surgery, we specialise in the natural looking smile and we make sure that you end up with a smile you can be proud of.

As a dentist it is wonderful to witness how much a patient's confidence and happiness can grow following a smile makeover.

Most patients these days are no longer happy to put up with unsightly gaps, drifted or crooked teeth, black fillings and stained teeth, but choose to have these imperfections fixed. Excellent results can be produced through aesthetic treatments such as tooth whitening, tooth straightening, white fillings, veneers, crowns and bridges and implants.

These treatments not only help conserve your teeth, but also improve the look of your smile.

If you are interested in discussing a possible smile makeover for you, you are welcome to book yourself in for a free consultation to find out your options.



Hygienists:

Our team of hygienists is here to help you keep your teeth and gums healthy. By keeping your teeth and gums healthy we are able to prevent periodontal disease. Education, information and advice are the key to better oral health – now and in the future. That is what hygienists are here to provide.

Prevention is better than cure!

Hygienist appointments are available from Monday to Saturday at Henfield Dental Surgery. To book an appointment, please call 01273 492 228.



Denplan Care

Denplan offers a very affordable way of spreading the cost of dental care for both adults and children whilst avoiding large bills.

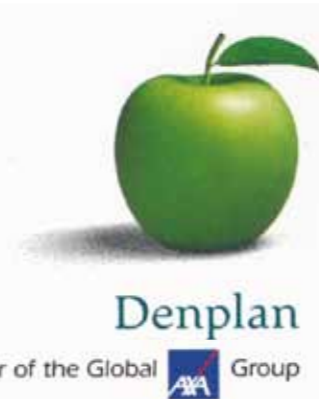
What are you covered for?

Denplan is paid for by a fixed monthly fee. You receive all your normal high quality private dental care without further fees to the dentist.

The only charges that apply are laboratory fees which are usually a fraction of the usual cost for crowns, bridges and dentures.

For most of our patients the monthly fee for this comprehensive service is £16.92, with family discounts where appropriate.

For more details about your Denplan options, please come in for a free consultation.



The following treatments are covered:

- All your routine examinations and x-rays
- Preventive advice
- Gum treatment (with the hygienist where appropriate)
- All fillings and restorations
- Root canal treatment
- Crown and bridge work
- Dentures
- Out-of-hours emergency dental treatment
- Emergency dental treatment abroad
- 24-hour helpline and advice

How to Avoid Periodontitis and Keep Your Smile

Not everyone is prone to periodontitis (gum disease), but it is impossible to know who is prone to gum disease beforehand. Therefore prevention of the disease is essential. There are three major groups who are prone to periodontitis: people who are genetically prone, diabetics and smokers.



The best way to prevent gum disease is to have a high standard of oral hygiene. This can be achieved by perfecting your brushing techniques and finding different ways to clean the difficult to reach places in your mouth, for instance, in between teeth and the back of molars and teeth which are not perfectly aligned.

This can be done by using dental floss, interdental brushes or brushes such as Te-Pes. It does not matter how you do it, as long as you find a way to clean that works for you.

If you are prone to gum disease the good news is that this does not mean you will lose your teeth as long as the disease is treated. Many people who are prone to gum disease have kept their teeth and prevented the disease from developing by keeping up a high standard of oral hygiene.

If the gum disease has become advanced, simple procedures of root debridement (root cleaning) can stop the disease advancing in most cases. Often with the use of a little local anaesthetic, local treatment is painless.

Anti Snoring Device:

More and more people are sleeping soundly in West Sussex after their partners have been treated for snoring at Henfield Dental Surgery. A simple mouth appliance is able to treat most snoring problems. Please book an appointment with Ben for more information.



Kids' No Cavity Club

Our No Cavity Club for children is now restarting.

All children who have no fillings can get their photo taken by Sam on the desk after their check up. The photo will then be added to our No Cavity Club poster, displayed in the reception area.



Headaches

"Did you know that a lot of tension headaches and neck problems can be due to teeth clenching? If you clench your teeth when you are asleep or even during the day, this can cause spasms in your head and neck muscles which can lead to headaches, neck pains and jaw ache. Please book an appointment with Ben for more information."

Ben.



Electric vs. manual toothbrushing

Many patients ask us which is the best way to clean your teeth. Research, and our individual experience, suggests that an Oral B electric toothbrush is more effective at removing plaque than manual cleaning.

Electric toothbrushes with the standard small head (we do not recommend the larger heads) clean your back teeth more efficiently and as you do not have to apply pressure, it reduces the risk of gum recession in patients who are prone to this. In our opinion not enough research shows that sonic toothbrushes are as effective as electric toothbrushes. However, we are all individuals and if you are more comfortable with a manual or a sonic toothbrush, do not change.

