

# The Whole Tooth



**BRUCEGATE**  
DENTAL PRACTICE

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## Focus on Tooth Straightening

According to a recent survey (American Academy of Cosmetic Dentistry, 2011),

- 99.7% of people surveyed think a smile is an important social asset
- 74% of people surveyed think an unattractive smile can adversely affect a person's chance for employment and success

So it is unsurprising that an increased number of adults are asking for tooth alignment. The new Cfast system focuses on the front 6 teeth- the "Social Six" that make up your visible smile. Using tooth-coloured wires and clear brackets, it gently straightens your teeth to give you a healthy

and beautiful smile and is usually completed in under 6 months. After treatment teeth are kept in position by either bonded or fixed retainers.



Mrs Hazel Bettison recently completed her tooth straightening with Cfast in 6 months. Afterwards she said "Now I can really smile, before I used to pretend to smile which could look like I was in pain sometimes, just so you could not see my teeth. I couldn't be happier."

For more information [www.cfastresults.com](http://www.cfastresults.com)

### New Surgery opening hours

Monday 8.30am- 5.30 pm / Tuesday 8.30 am- 5.30pm /  
Wednesday 8.30am- 7pm / Thursday 8.30am – 5.30pm /  
Friday 8.30am- 4pm / 1st Saturday each month 9am – 1pm

## Brucegate now offering dental implants

Dr Sarah Swales from Brucegate Dental Practice, completed her training at Sheffield Dental Hospital in September 2013, for the placement and restoration of dental implants. Previously patients were being referred to specialists in Edinburgh for this procedure but after 18 months of training on 79 patients she is now able to place them in practice. Dr Swales said, "I have always been interested in surgery, as well as being a benefit for patients, it has been extremely rewarding for me personally."



She also said "Sheffield is considered one of the leading hospitals in the country for implant provision due to the long history in this field and hands on approach to teaching. Nurses at Brucegate Dental Practice were able to travel and participate in the training, which has been invaluable."

Patients are now able to have missing teeth replaced or loose dentures tightened with implants, here in Berwick upon Tweed.



## Smile4Heroes and Brucegate Dental Practice

Brucegate Dental Practice is celebrating joining with the charity Smile4Heroes which is a team of highly committed dental professionals in the UK who have come together to give their time and expertise to rebuild the smiles and confidence of those who have been injured in active service in our armed forces. So far, 20 dentists have signed up to the cause.

Founder Daniel Pinder says: 'My goal for setting up Smile4Heroes is to help build the confidence of these people in a time when many are rebuilding their lives. The intention is to provide something extra to these people – the Defence Dental Services (DDS) provide an amazing service and I want people to know what an amazing job they do.'

Anyone interested or thinks they, or someone they know, may be eligible should apply via the website at [www.smile4heroes.co.uk](http://www.smile4heroes.co.uk)



# Dealing with the cost of dental treatment with Denplan?

## Have you ever considered Denplan Care ?

It is a monthly payment scheme for comprehensive private dental care. It means that rather than paying for treatments as they occur, which can often run into hundreds of pounds, you pay a set amount per month, allowing you to budget for your regular dental care.

To join, you need to be "dentally fit", which means that you do not have any treatment recommended by our dentist outstanding. Plus your dentist will carry out an assessment on your mouth to categorise what level of Denplan cover you require. This will be based on your dental history and current needs and ranges from A ( not very much) to E ( rather more) .

## Included in Denplan Care:

- Dental examination
- Hygienist visits
- Dental X rays
- Fillings
- Extraction
- Periodontal treatment
- Preventative advice and therapy
- Root canal treatment
- For crowns, dentures and bridges, surgery time is covered but excludes lab fees
- 10% off Implant treatments



Denplan

## Not included in Denplan care

- Lab fees/prescriptions
- Specifically excluded treatment
- Treatment carried out anywhere else unless covered by the emergency scheme
- Orthodontics and cosmetic treatments
- Treatment not clinically necessary

## Denplan fees for 2014

A .....£13.05

B .....£17.03

C .....£21.57

D .....£29.50

E .....£36.02

Ask our Denplan Champion Nicola for more details



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## WE ARE CURRENTLY TAKING ON NEW PATIENTS

For an initial consultation ring  
**01289 306084**

A routine examination currently costs £29.00 and a cosmetic consultation costs £65.00.

## Brucegate Dental Practice are Proud sponsors of the Berwick Bounds

Brucegate Dental Practice is proud to sponsor Berwick Bounds Riders for the second year. The ancient tradition of riding the border of the boundary of Berwick on horseback has been carried out in various form for over 400 years and is the oldest of its kind in the Borders. We are pleased to be able to support this local event which is steeped in so much history. The event is on the 1st of May every year. For more information about Berwick Bounds go to [www.berwickbounds.webs.com](http://www.berwickbounds.webs.com)



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



Children from Holy Trinity School taking part in National Smile Month



**BRUCEGATE**  
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## Toothbrush Amnesty

Clinical studies have shown;

- ★ Replacing your toothbrush every 3 months can reduce the number of bacteria you are exposed to
- ★ Splayed bristles from a worn toothbrush can cause trauma to the gums and infections such as ulceration.
- ★ Children's toothbrushes should be replaced more often due to increased wear on the bristles.

To encourage this Brucegate Dental Practice will be running a toothbrush amnesty. This means as a patient with us;

**If you bring in your old toothbrush we will swap it for a new one.**

**Free of charge\***



\* Limited to 1 toothbrush per patient every 3 months