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Smile Through Spring and 2017!

We often use springtime to make a fresh start, and many people have been giving up sugar. This is sweet (!) news to everyone at Redhouse and very good news for the health of our teeth and mouths.



If you're thinking of other ways to improve your smile we can help you with cosmetic dentistry. Years of experience, coupled with a listening ear, means that we give tailor-made care, designed just for you.

On our [website](#) you'll find one of my patients, Pauline talking about her experience with us. I caught up with her at our party last year (above) and in the short video she shares her thoughts about the major treatment she received from us.

Do please get in touch to find out how we can help you too.

Dr Dinesh Phakkey – Director
BDS MFGDP(UK) DPDS Dip Imp Dent RCS (Eng) FFGDP(UK) PGCME

Don't Let Chocolate Get the Better of your Teeth!

It's that time of year when sweet temptations are everywhere. Chocolate might be hard to resist but its high sugar content means its packed with calories and causes plaque to stick to our teeth. Sugar also increases acid production with causes tooth enamel to erode.

Please enjoy your chocolate but do it in moderation, eat it in one go rather than over a long period of time. And don't forget to brush your teeth after you've eaten the chocolate, and in the morning and evening.

Get in touch with us to find out how our [hygienists](#) can help you keep your mouth and teeth healthy and your smile gleaming.

And while we're thinking about our hygienists...

The team saw 400+ patients in January and 80 of those patients completed survey forms. Happily they all told us they were likely, or extremely likely to recommend us to friends and family.

This is great to hear and our appointments do get booked up very quickly. But there's no need to miss out. Just 'like' us on our [Facebook](#) page and you'll hear about last minute cancellations.

Bringing Your Smile Back

Are missing teeth making you self-conscious? Then dental implants could be the solution. These are the most long-lasting way to fill in gaps between teeth. They can also help support fixed bridges and dentures. The [procedure](#) has two parts. First the Implant is placed in the jawbone and acts like the root of the tooth. The replacement crown (top part of tooth that you can see) is then fixed onto the implant. This all takes place at Dentist@Redhouse under the professional care of Dr Dinesh Phakkey. [Get in touch](#) with us for a [free](#) consultation to help you decide if implants are right for you.

News from the Team

You might recognise Katie Moore? She's was with us in 2010 and is now back as a Hygienist. She just cannot keep away! Katie loves the practice and our approach because, she says, we always puts patients first.

We've also been welcoming Practice Manager Sara back from her maternity leave. Hard to believe it's a year since little Joshua came into the world!

We hope you enjoy hearing from us, but if you'd prefer not to receive further newsletters please let us know by emailing info@dentistatredhouse.co.uk