

April 2021 News

Children visiting the dentist for the first time

Dr Teresa recommends that you bring your child for their first dental visit at around 2 ½ -3 years old. Obviously we would see them sooner if you are concerned about something.

Emma is our Dental Therapist, she is trained specifically to look after children's teeth. She will advise you how to care for your child's teeth as well as take x-rays and provide any fillings if required. She will also advise you if your child's jaws are growing properly and ask Dr Teresa to see your child if she is concerned about their jaw development.



FREE check ups for children aged up to and including 16 years

To book your child's FREE appointment call 01908 230 209 or email smilemk@appledore.co.uk

[Click here to view Emma's 3 video's on how to look after your teeth, specifically aimed at children](#)

Do you know the most common reason for a hospital stay and general anaesthetic for a child ?

It's to have decayed teeth removed !

Shocking isn't it!

Figures for children aged 5 to 9 in 2018-2019 show 25,702 hospital admissions for tooth decay, and 11,811 admissions for acute tonsillitis. Dental decay can be very painful and in some cases life threatening. The use of a general anaesthetic in a young child is not without its dangers. And yet, dental decay is entirely preventable with good dental hygiene and a sensible diet !

Does Your Child Suffer With Crowded Mouth?

Have you seen Dr Teresa in Mum to Mum magazine, talking about crowded mouth and how to treat it successfully?

Myofunctional orthodontics help to treat this.

The information is available on our blog, just **[click here to read it](#)**



Your Help Is Vital To Us !

Please take a few minutes and review us online, this will really help Appledore. **[Please click here to leave your review.](#)** Thank you !



Appledore Dental Clinic
SMILES UNLIMITED

Affordable Private Dentistry

With the amazing Appledore Bonus Club, this is an **exclusive** club it's only available for Appledore patients



APPLEDORE
BONUS CLUB

100's of people just like you are already receiving great discounts and extremely good value for money. Club membership starts at just £17 pm for adults (your children can be added for under £2 pm each). The ABC includes your dental maintenance for a year, no PPE fees, A&E worldwide dental insurance PLUS 10% off many treatments and yearly vouchers.

[Click here for more information](#)

Did you see Dr Teresa talking about Safe Dentistry on BBC Look East ?

If you missed it the video is still on our Facebook page



<https://www.facebook.com/familydentistunlimited/>

We often put short term offers on our FB page, follow us to ensure you don't miss out!

FREE Online Dental Consultations !

Did you know Appledore offer FREE online initial consultations?

You can discuss any dental treatment you are thinking of having with an experienced Appledore dentist from the comfort of your own home.

[To ask for a free online consultation, just click here and fill in the form](#)

Interest FREE finance available on all treatment over £1,000
(Subject to the usual credit checks)

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Appledore Dental Clinic
SMILES UNLIMITED

World Oral Health Day was on 20th March

The theme for the next three years sends out a simple but powerful message: Be Proud Of Your Mouth. In other words, value and take care of it. This year, the campaign wants to inspire change by focusing on the importance of oral health for overall health, because good oral health can help you live a longer, healthier life. And that is something worth taking action for.

<https://www.worldoralhealthday.org/>

BOGOF Dental Check-up !

Now is the time to book your dental check-up and make sure your teeth are in tip-top shape! When you book a check-up for yourself, we'll offer another check-up to a loved one or friend for FREE (they must be part of your Covid Bubble and have their appointment on the same day as you).

Just quote code: CV20m.

This offer expires at the end of May 2021.

You can book using the [online contact us form](#) or by calling us on 01908 230 209

Did you know...

20 million people in the UK missed their dental appointments during Covid, studies show Covid patients with gum disease are 9 TIMES more likely to get very sick or die!

Plenty of parking spaces outside the Appledore building now!



When you come into Appledore next, you may see Cathy either on reception or with the nursing team.

She's our new Apprentice Dental Nurse and will soon be assisting the dentists and hygienist.

Coming out of lockdown and want to be looking your best?

Did you know Dr Teresa offers facial aesthetics treatments?

Wrinkle Reduction, Dermal Fillers & Profilla

All designed to enhance and soften your lines and wrinkles and to address other facial issues you may have. [Click here to find out more](#)

Dr Teresa offers a FREE online consultation - find out if you are suitable for treatment before you come into the clinic!

[Just click here and fill in the form - ask for a free online FA consultation](#)

Emma - Our Clean Teeth Lady has created 3 videos about cleaning teeth, why to clean them, when teeth come through and sugar = decay. All aimed at children. We will soon be sending information to schools for them to access this information as part of the early years curriculum. If you wish to have the information please contact us.



Which day do you need to book in to see your Dentist or Therapist at Appledore?

Dr Teresa

Tuesday's here and available online for FREE video consultations - by appointment.



Dr Martin

Monday for dental implants and follow up appointments.



Dr Priya

Wednesdays for general/family dentistry and root canal treatment.



Dr Pyry

Thursday & Friday for general/family and cosmetic dentistry.



Hygienist/Therapist

Emma Whittome
Tues, Wed, Thurs

