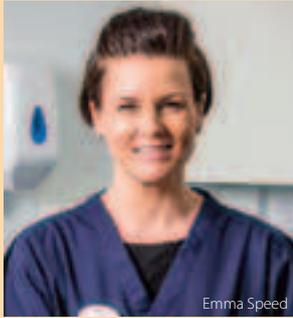


Healthy Teeth and Gums

with Sandstone Dental Practice

Meet Emma to take the anxiety and stress out of your dental hygiene visits



Emma has been involved in the dental industry for 13 years and is passionate about helping patients to achieve a healthy mouth and a brighter smile. Emma understands many patients are nervous, or may suffer with sensitive

teeth, this can often mean that we avoid seeing the hygienist. With our friendly and calming surroundings and updated approach to treatment, we will ensure that time spent with us is a pleasant experience. Emma prides herself on developing a tailored treatment plan, taking time to address your needs, gently building confidence and helping you to overcome any phobias.

Emma's top tips for a healthy smile

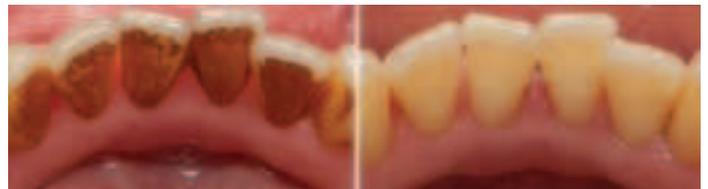
- Spit, DON'T rinse after brushing – let all the goodness from your toothpaste soak in and do its job.
- Clean in-between teeth daily – Did you know that brushing alone only cleans 60% of the tooth's surface
- Brush at least twice a day – Brush gently but thoroughly and make sure you angle the brush towards the gums.
- Bleeding is one of the first signs of gum disease – don't ignore it and visit your dental hygienist regularly for gum screenings.

Dental hygiene services, without seeing the Dentist

Did you know you can access our hygienist services directly without the need to visit a dentist first? You don't even have to be registered with us. We offer a dedicated direct access dental hygiene service that is available to all, whether "walking in off the street", by appointment or on a referral basis by your dentist. This means that you can continue to see your NHS/ private dentist as normal elsewhere and visit us for your dental hygiene appointments (cosmetically or for the treatment of gum disease).

Services Available in Heswall

- Prevention & Treatment of gum disease
- Tooth cleaning 'scale & polish'
- Tailored Oral Hygiene demonstrations & advise
- Pre, During & Post Orthodontic cleanings
- Pre & Post Implant Hygiene Care
- Special occasion cosmetic cleanings
- Air polishing – A fabulous, gentle treatment for even the most stubborn stains
- Monthly plans start at just £8.96
- Appointments with Emma from £45



Air polishing – Example of heavy stain removal.

