



# BERKHAMSTED DENTAL PRACTICE

*Caring for your family's teeth*

*Issue 10 December 2010*

**M**any of you will be aware that I, Claire suffered a serious accident in January. Happily I'm now very much on the road to recovery and have even got back on a bike! Keeping still and putting my feet up was never my favourite pastime! A big thank you to everyone who put up with rearranged or postponed appointments back in the spring and a massive "Thank you" for all your messages of concern, cards, gifts support and especially kindness and forbearance as I hobbled slowly, initially on my return to work'- it greatly helped keep my 'spirits up'

***New Year, New Smile?**  
We can offer tooth whitening treatments and more extensive types of "Aesthetic Dentistry" including invisible braces and 'smile makeovers'. Please ask your dentist if you would like to know what we can do for you.*

**W**e are always keen to hear what you think of us, the practice and our services. Please feel free to let any of our practice team know your views. Comment cards are available from our receptionists and can be treated anonymously if you wish.

**I**n order to offer the widest scope for all our patients we are pleased to offer Hygienist appointments on Friday mornings with Estelle.

**C**ongratulations to our receptionist Victoria and her husband John who "tied the knot" in September. We wish them every happiness for their future together!



**D**o you play a contact sport? If so you really should be wearing a gum shield to protect your teeth. Not only can they help to save your smile, they can reduce the risk of concussion and protect your lips and tongue from damage. We can provide and fit individually constructed gum shields in a choice of colours and patterns, with the appropriate degree of protection for the sport you play. Studies have shown that professionally custom made gum shields offer far superior protection to "off the peg" versions.

**I**n August we said goodbye to Dental Nurse Amanda as she returned east to be nearer her family. We are very pleased to welcome Natalie (right) to fill her shoes!



**I**n September Nicky kindly agreed to join us in the role of Practice Manager freeing up further clinical time for both John and Claire so we can maximise our opportunities of providing the best possible service to you.



**W**ith Christmas day falling on a Saturday this year, the practice will be closed from 3pm on Friday 24<sup>th</sup> until 9am on Wednesday 29<sup>th</sup> December. If you should experience a dental emergency over the holiday period please phone the practice on 01442 865646. Our answer phone will give details of how you can contact either one of our team or the Hertfordshire out of Hours Dental Service for advice.

**Best Wishes for Christmas and the New Year from all of us at**

**Berkhamsted Dental Practice,**

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