



**Hygienist Blog**

Check out our hygienist blog on facebook - 10 reasons why you shouldn't cancel your hygiene appointment!



**Denplan Excel Accreditation**

We are pleased to tell you that we have been a Denplan Excel practice since 2001 and were reaccredited in September following an inspection by an independent dental adviser. Mark Doyle spent the day with us, reviewing our policies, procedures and records. Mr

Doyle is a Denplan dentist who works in Hereford and has worked as a practice adviser for Denplan for many years. He was really impressed by our practice and our recent CQC report.

Denplan Excel is the UK's only fully validated quality assurance programme designed especially for primary dental care, it remains a premier mark of quality that is recognised by the British Dental Health Foundation. The Denplan Excel Accreditation Programme provide assurance that you are receiving the best care and service available and that we are committed to an on going programme of improvement.



**Calling all new parents...**

Did you know you can register your baby with a dentist as soon as they are born? It is recommended that children should go to the dentist with their parents as soon as possible. Babies and children should see a dentist regularly to ensure their teeth and gums are

healthy and ensure you are up to date with the latest advice. Going for regular check ups will let them get used to the noises, smells and surroundings and prepare them for future visits. The earlier these visits start, the more relaxed the children will be. Your dentist will be able to provide important advice about looking after your baby's teeth and check their mouth. Leaving it till they are 2 or 3 can be too late to prevent tooth decay damaging their teeth. Call us now to arrange an appointment for your child.

**New Patients Welcome**

We are always happy to welcome new patients and we especially enjoy seeing those who come as referrals from our existing patients. If you have family or friends who could be interested in joining the practice then please pass on our details.

**Parking**

We have a small car park to the side of the practice, following your feedback we have made some alterations; widening the entrance and gaining a couple of spaces. If it is full the Prince Albert Public House have agreed to let our patients use their carpark when visiting us.

**Broken tooth? Lost filling?**

If you are having a problem prior to your check up visit please let our receptionist know. It may be possible to allocate extra time for your appointment and will also help with the efficient running of the surgery.

**Emergencies**

Emergency appointments are available everyday. Please ring first thing in the morning or leave a message on the answer phone prior to our opening and we will certainly be able to fit you in. Most commonly the emergency appointments are at 12.15pm and 3.15pm.

**What's in your food?**  
Find out by downloading the FREE Be Food Smart app  
Download on the App Store | Get it on Google Play  
Search Change4Life

**How much is too much?**  
Here are the maximum daily amounts of sugar for your children.

Age Group	Maximum Daily Amount of Sugar
4-6 year olds	5 cubes
7-10 year olds	6 cubes
11+ year olds	7 cubes

Be food smart change4life  
1 cube = 4 grams

**Services**

- In addition to regular dental care we offer:
- Inhalation sedation (Happy Air) to help you relax
- Cosmetic dentistry
- Dental Implants
- Inman Aligner and Clear Aligners
- Hygiene treatments to assist with a cleaner healthier mouth

**Our hours**

Please contact our reception team to book an appointment:

Mon	Tues/ Wed/ Fri	Thurs
08:30 to 12:30	08:30 to 12:30	09:30 to 13:30
13:30 to 17:00	13:45 to 17:15	14:30 to 18:00

Telephone: 01384 292666  
Email: info@wallheathdental.co.uk