

## Dental Care Tips

In between visits, we still like to help our patients care for their smile by providing tips and advice to ensure you maintain your dental health.

Here's a handy guide for you to follow:

- Brush your teeth at least twice a day with fluoride toothpaste - ideally last thing at night and before or after breakfast
- Try to brush your teeth for at least two minutes every time for a thorough clean
- Don't brush too hard - it could damage your gums and remove enamel from your teeth
- Clean between teeth with floss and TePe® brushes to remove plaque that can't be reached with regular brushing
- Pay attention to when you eat sugar and how much.

Your dentist or hygienist will provide bespoke care advice at every appointment, to ensure you receive care that is tailored to your needs.



**THE DENTAL PRACTICE**

SOUTHBOURNE

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# The **best** way to maintain healthy teeth and gums?

Join our oral health membership  
from only **£10.66** per month



Please turn over to see the full range of  
exclusive benefits available to you.



**THE DENTAL PRACTICE**  
SOUTHBOURNE

**Become a member of our Oral Health Membership -**  
it's quick and easy to join and you are entitled to receive fantastic benefits, including:

- A reduced risk of tooth decay and gum disease with regular attendance
- Free initial cosmetic consultation, making desirable treatment more affordable
- Small x-rays included as part of your dental health check at no extra cost
- Flexible appointment times for your convenience
- Ability to spread the cost of your dental care so you can get dental care when you need it, not when you can afford it
- A 12-month warranty on any dental work carried out at the practice, so you can be sure of our quality treatments.

**Exclusive discounts for our members include:**

- 10% discount on treatments carried out at the practice.

**PLUS** eligibility to request assistance from the Worldwide Dental Emergency Assistance Scheme.\*

## Our Membership Plans

Your dentist will suggest the appropriate plan needed to maintain your oral health.

	OHC1 Membership	OHC1+ Membership	OHC2 Membership	OHC3 Membership	OHC4 Membership
Number of dental health checks per year**	1	1	2	2	2
Number of hygiene appointments per year**	1	2	2	3	4
Monthly cost***	£10.66	£16.01	£19.64	£24.99	£30.35

## How do these appointments help you?

**Dental health checks provide:**

- Clinical examination to catch developing problems early
- Checking for signs of oral cancer
- X-rays where clinically necessary for an in-depth examination of your oral health.

**Hygiene appointments provide:**

- A thorough clean of the teeth and gums to remove harmful plaque
- Oral health advice and techniques to prevent tooth decay and gum disease
- Fresher breath and a brighter smile for improved self-esteem.

**This results in the complete package to maintain your oral health. We strongly recommend joining to help reduce the risk of expensive restorative treatment in the future.**

**Please speak to any member of the team if you would like more information or for details on how to register.**

Please note:

\* Documentation relating to our Privacy Notice and the Worldwide Dental Emergency Assistance Scheme, including assistance levels, limitations and exclusions is available to view online at <https://scheme.wdeas.co.uk/patients>

\*\* The provision of routine examinations is subject to receipt of the required consecutive monthly payments.

\*\*\* An initial administration fee of £9.50 will be collected with your first payment only.

