

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 one other time during the day
- 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 or dental tape to get rid of plaque that can't be reached with regular brushing
- Pay attention to when you eat sugar and how much - when possible try to limit sugar intake to straight after your meal.

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

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

** Subject to receipt of six consecutive monthly payments.

*** Discounts only apply to treatments carried out at the practice, exclusions apply.

**** Documentation relating to the Practice Plan 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>

Practice Hours

Monday: 9.00 am - 5.30 pm

Tuesday: 9.00 am - 5.30 pm

Wednesday: 9.00 am - 5.30 pm

Thursday: 9.00 am - 5.30 pm

Friday: 9.00 am - 5.30 pm

If you have to cancel an appointment, please give us 24 hours' notice so that we can offer the time to someone waiting for treatment. We may make a charge for short notice cancellations or missed appointments.

Emergencies

In case of an emergency during practice hours, please contact the practice immediately. We will always endeavour to see a patient in pain on the same day.

If you require emergency treatment outside surgery hours, please telephone the practice where you will hear a message detailing the specific arrangements for that day.

Safety

We take all necessary precautions to safeguard you and our staff. We follow recommended guidelines with regard to sterilisation of instruments and the use of disposable items, e.g. gloves and needles. We are happy to answer any questions you may have.

How Do I Register?

You just need to complete a simple agreement form to become a member. This will require your signature and bank account details. We will then set up a monthly Direct Debit payment.

Please speak to any member of the team if you would like more information.



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dentalcareplan

Dental Surgeon

Dr Elizabeth Marsden BDS
Dr Sarah Cox MChD/BChD, BSc
Dr Geeta Juriasinghani BDS
Dr Neil Kohli BDS

Hygienist

Mrs Justine Vicar EDH Cert OHE

Lingley Road Dental Surgery

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Welcome

Whether you are a new or an existing patient, we would like to thank you for choosing our practice. At Lingley Road Dental Surgery, we provide high-quality treatment in a friendly environment. We are committed to continuing dental education and keeping abreast of the changes in modern dentistry. We encourage preventive techniques – helping you to understand how to maintain the health of your mouth and keep it free of tooth decay and gum disease.

We are delighted to offer the Lingley Dental Care Plan – our own private membership scheme, which enables us to provide you with the treatment and support necessary to control dental disease and restore your mouth to full fitness. Our modern health-promoting approach with continuing care means:

- Fewer fillings
- Less dental decay
- Less likelihood of toothache
- More attractive teeth
- More choice
- Reduced costs
- Helping to keep your own teeth for life.

Treatments and Services Available

As well as routine dental care, we are able to offer a comprehensive range of cosmetic and more advanced therapeutic treatments.

Please enquire about:

- Tooth whitening
- Non-metallic crowns and fillings
- Cosmetic veneers to improve your smile.

Hygienists

As a practice dedicated to prevention, we have highly qualified hygienists who are able to professionally clean your teeth and show you the best way to keep them free of plaque. They will also give you advice on diet and prevention of decay. They work with the dentist in order to give you and your family comprehensive preventative dental care.

Your Child's Dental Care

Children are born free of dental disease, yet by adulthood a significant proportion of the population has active gum disease and most people have experienced some tooth decay and even tooth loss. It is our belief that disease can be prevented. Our aim is to provide your child with the best dental care available to secure their dental health. We ask patients to bring their children with them from birth so that we can see them regularly to help them grow up free from dental disease. For more information on the best option for your child's dental care, please ask a member of our team.



Dental Membership

We have introduced our own dental membership arrangement to reward and look after our patients who visit the practice regularly. Just look at what you can gain from becoming a member!

Lingley Dental Care Plan £18.07 per month*

Appointments**

Every six months our members are entitled to:

- A dental appointment, including a clinical examination, a check for signs of oral cancer and routine x-rays
- A hygiene appointment to provide a full clean of the teeth and gums and advice on how to keep your mouth healthy.

Discounts***

- Discount on any laboratory-based treatments required, i.e. crowns, bridges and dentures.
- Discount on many other treatments (fillings, etc).
- Discount on oral hygiene products purchased at the practice.

And there's more...

- Treatment planning to promote good oral health for life.
- All subsequent remedial work within 12 months of recommended restorative work.
- Access to the Worldwide Dental Emergency Assistance Scheme****

Enhanced Dental Care Plan £26.43 per month*

Members will receive the same benefits as the Lingley Dental Care Plan but with the added benefit of additional hygiene visits, entitling you to one every three months.

Core Plan £9.99*

Members will receive the same benefits as the Lingley Dental Care plan and can choose to have either one dental exam and one hygiene visit per year or two dental exams per year.