

DECEMBER 2023



Unwrapping the Secrets to a Merry and Bright Smile This Christmas!

Hey there, all you jolly grinners! As the festive season descends upon us, it's time to revel in the joy of Christmas lights, cozy sweaters, and, of course, delightful treats. But let's not forget about our pearly whites amid the holiday cheer. Here's a quick guide from Aura Dental to keep your smiles shining bright throughout the Christmas period!

Balance Your Treats: We get it – the holiday season is synonymous with sweet treats and festive feasts. Indulging in those special goodies is part of the fun, but moderation is key. Try to balance the sugary delights with teeth-friendly snacks like cheese, nuts, and crunchy vegetables. Not only will these keep your taste buds happy, but they'll also assist in cleaning your teeth naturally.

Stay Hydrated: Between sipping on hot cocoa and toasting with sparkling cider, it's easy to forget about the importance of water. Staying hydrated helps wash away food particles and bacteria that can lead to cavities. So, make sure to keep a water bottle handy and take sips throughout your celebrations.

Be Mindful of Your Oral Health Routine: Amidst the hustle and bustle, don't neglect your regular oral hygiene routine. Brushing twice a day and flossing should still be on your checklist. A tip for those festive nights: wait at least 30 minutes after eating or drinking before brushing to avoid damaging your enamel.

Watch Out for Those Nutshells: Nuts are a fantastic snack, but be cautious of those sneaky shells. Cracking nuts with your teeth can lead to chips or cracks. Opt for shelled varieties or use a nutcracker to avoid any unwanted dental surprises.

Emergency Preparedness: We hope you won't need it, but accidents happen. If you find yourself in a dental emergency during our holiday closure, fear not – we've got your back! While Aura Dental will be closed from December 22nd, 2023, to January 2nd, 2024, we'll be regularly monitoring emails and voicemails and will try to get back to you within 24 hours with advice to guide you through the situation.

Urgent Situations: In the rare event of an urgent dental emergency, you can call NHS 111 or head to your local A&E department, who will be able to assist until we can see you at the practice.

As we wrap up this year and unwrap the joys of the season, let's keep our smiles shining bright. From all of us at Aura Dental, we wish you a joyous and tooth-friendly holiday season. May your days be merry and your smiles be bright! ✨

Introducing

aura
DENTAL

LOCAL
BUSINESS
LOYALTY
PROGRAM

A great opportunity for local businesses to reward their staff.

AT NO COST TO THE BUSINESS!!

🦷 10% off dental checkups & hygiene appointments

🦷 10% off cosmetic treatment, including Invisalign, Composite Bonding & Implants

🦷 Priority booking for emergencies

From January 2024

Enquire At The Practice for More Info

Xmas Opening Hours:


Saturday 23rd December 2023 to Monday 1st January 2024 - **CLOSED**

Last clinic day: Friday 22nd December
First clinic back: Tuesday 2nd January


Emails/Voicemails will be monitored regularly as we aim to reply within 24 hours. Call NHS 111 in emergency or go to your local A&E

Hear From Our Lovely Patients...

Feedback from our patients allows us to learn and continuously improve. It makes our jobs all the more satisfying when we hear lovely words from you!

 **Tamara McCleary**
6 reviews
★★★★★ 6 days ago **NEW**

I first joined Aura Dental a few years ago for braces & my experience was faultless. I highly recommend Aura, they are professional, helpful and take pride in completing work to a very high standard!

 **Ilya Nazarov**
9 reviews · 4 photos
★★★★★ a week ago **NEW**

Myself and my wife had dental cleaning with Stesian (and the Saturday team) . It was very gentle but effective experience . Very satisfied with the expertise of the team. Will come again with trust !! Thank you



You Still Need A Dental Check Up... Even If You've Seen The Hygienist

Regular dental examinations and hygiene appointments are both integral components of maintaining optimal oral health. While hygiene appointments focus on cleaning and preventing gum disease, dental examinations play a crucial role in comprehensive oral care.

A dental examination goes beyond the cleaning aspect of a hygiene appointment. It involves a thorough assessment of the overall health of your teeth, gums, and oral structures. Dentists can identify early signs of dental issues such as cavities, gum disease, and oral cancer during these examinations. Detecting problems at an early stage allows for prompt intervention, preventing the escalation of issues that may lead to more extensive and expensive treatments later on.

Moreover, dental examinations enable dentists to evaluate the effectiveness of previous dental work, such as fillings or crowns, ensuring they are in good condition and functioning as intended. This proactive approach helps in maintaining the longevity of dental restorations.

In addition to identifying and addressing dental issues, regular examinations also provide an opportunity for preventive guidance. Dentists can offer personalized advice on oral hygiene practices, diet, and lifestyle choices that contribute to overall dental well-being.

While hygiene appointments focus on cleaning and preventive measures, dental examinations offer a comprehensive assessment and proactive management of oral health. Combining these two aspects ensures a well-rounded approach to dental care, promoting not only a clean and healthy smile but also preventing potential complications in the long run. What's the bottom line? Both appointments are equally important in achieving and maintaining optimal oral health.



[Book Your Hygiene Appointment](#)

Refer a
FRIEND

If you refer a friend to the practice who books in for an exam and hygiene, let us say thank you with a £25 gift voucher from **Selfridges, Amazon** or **Space NK**.

Just tell your friend to let us know you referred them and we'll get in touch to ask for your choice of voucher.

Our Prices Are Changing in January 2024

We know the topic of rising prices is not something any of us want to hear about right now. Unfortunately, we have reached a point where we can no longer absorb the rising costs of supplies. While we have managed to keep our prices at the same level for a year and half and have now taken a difficult decision to increase some of our prices from January 2024.

We will not be applying a random percentage increase to all our prices. Instead we have carefully analysed where our own costs have increased and will apply a reasonable increase to those items only on our price list.

We know this is not very welcome news, but we always aim to be honest and transparent with you, our patients. We strongly believe we deliver a great service that provides value for money, and we strive to continually improve your experience at the practice and with your treatment.

For appointments booked before Jan 1st 2024, we will honour the existing price up until the end of January.

We really appreciate your understanding and continued support. If you have any questions or concerns, please do not hesitate to get in touch at the practice.

The Aura Team

Some of you may have noticed some new faces at the practice recently. In October, Sara joined the team as receptionist. If you need to book an appointment or have any questions, Sara will be your first point of call.

We are delighted to welcome back Dr. Shashi Tadi to the practice as a general dentist. Some of you may remember Shashi as a hygienist at Aura Dental a few years ago. Shashi will be in on Tuesdays.

There have been a few changes to days that some clinicians are available at Aura. There are likely to be further changes in the coming months as we continue to increase availability for our patients, but we'll keep you informed and make sure there is no disruption to treatment plans. At the moment, the current dentist rota is:

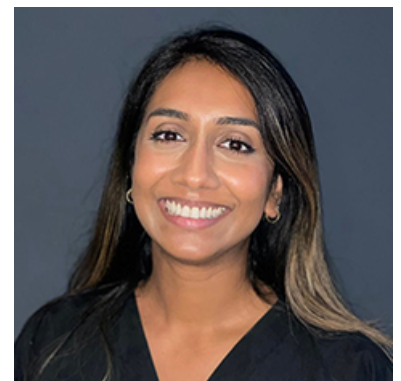
Dr. Rhianna Mohindru is in every Monday

Dr Shashi Tadi is in every Tuesday

Dr. Yovaan Ilangakoon is in every Wednesday

Dr. David Tissera is in every Thursday and Friday

Maya Samuel, Nicola Johns and Stacianne Tennent, our Hygienists are in every Tuesday, Friday & Saturday respectively.



See You Next Month!