



News from your local dental practice

The Dental Suite

16-20 South Street Centre, Hythe, Southampton SO45 6EB



GOOD LUCK TO MARIKA!

Marika has now started her maternity leave for her second child, I am sure you will all join us in wishing Marika and her family all the best at this exciting time. Marika is a big part of the dental suite team and she will be missed but we look forward to her return next year.

STAGGERING APPOINTMENTS

If you have visited the Dental Suite recently you will see that we are now staggering your hygiene and dental examination appointments. This is to ensure our patients are getting the best possible care from us and value for money. This system allows you to have a soft tissue and oral hygiene check more regularly, which will highlight any issues that may be developing. Two sets of eyes are better than one!

PLEASE JOIN US IN WELCOMING OUR NEW TEAM MEMBERS



Emma Thomas - Practice Host.

Emma has a background in Beauty Therapy and reception at a local luxury hotel & spa and joined our team in August 2015. Emma lives locally and has two young boys who keep her busy at home! She has already proved to be a valued member of the team and is on hand to help you on Thursdays, Fridays and Tuesday mornings.



Nicky - Practice Host.

Nicky is our newest member to join the reception team. Nicky is also based locally and has a background in Adult Education and administration. She is kept busy with her grandchildren and greatly enjoys watching her grandson play football over the weekends. Nicky is here to greet you on Monday, Tuesdays and Wednesdays.



Sadie - Dental Nurse.

Sadie has recently joined our team and brings with her a wealth of knowledge including qualifications in radiology, surgical implant nursing, impression taking and oral health education. Sadie is very experienced and has been working in Dentistry for many years. Sadie will be working with us part time. She lives locally and has a young baby daughter.



Donna - Practice Manager.

Donna joined our team in July and was head hunted by Dr Nar based on Donna's expertise and excellent reputation. Donna has been working in Dentistry since leaving school. Her passion and drive for Dentistry has already had a noticeable impact on the day to day running's of the practice. Donna works diligently behind the scenes taking care of all the Practice's administration. Since Donna lives in Bournemouth and also having two young children of her own, she sometimes works from home.



Emma Jamison - Dental Therapist.

Emma has decided to return to our practice a few days a month during her maternity leave to take a break from child care! Emma is a highly competent clinician and we hope to have her back on a more permanent basis after her maternity leave.

Sam - Dental Therapist.

Sam joined the team in September 2015 helping to cover Emma Jamison's maternity leave. Sam works in a few practices within Dorset & Hampshire and visits us on a Friday.

CHRISTMAS OPENING HOURS

Monday 21st December – 8.30am – 1pm
 Tuesday 22nd December – 8.30am – 1pm
 Wednesday 23rd December – 8.30am – 1pm
 Thursday 24th December – 8.30am – 1pm
 Friday 25th December (CHRISTMAS DAY) – CLOSED

Monday 28th December (BANK HOLIDAY) – CLOSED
 Tuesday 29th December – 8.30am – 1pm
 Wednesday 30th December – 8.30am – 1pm
 Thursday 31st December – 8.30am – 1pm
 Friday 1st January (BANK HOLIDAY) – CLOSED

XMAS EXERCISES TO DO WHILE BRUSHING YOUR TEETH

We brush and floss twice a day. Why not utilize this time and do something more by combining it with some exercises. Below is a list of a few exercises which you can do to work off those mince pies.

- 😊 Walk around your bathroom while brushing.
- 😊 Stand on your tiptoes and lift your heels upward.
- 😊 If you have steps at your home, do step jumps.
- 😊 Jump up and down.
- 😊 Stand on one foot and try to balance.
- 😊 Do wall sit ups.
- 😊 Do leg lifts front, side and then back.
- 😊 Do leg kicks and stretch as much as you can.
- 😊 Perform leg curls.

If you normally exercise after brushing your teeth these suggestions can act as a warm up. However, do keep in mind that the primary goal is brushing your teeth. Don't get too engaged in the exercise that you end up over brushing your teeth. Concentrate on brushing and simultaneously get yourself used to doing one little thing with it. Gradually become a multi tasker.

HOME VISITS FOR CARE HOMES

Have you had a chance to take advantage of our Home visits yet? Michelle, our Clinical Dental Technician, has been out and about recently. We are aware that many people have limited mobility and this should not have to prevent you from receiving professional dental care. We can offer full dental care as well as making and adjusting new dentures. Contact Reception on 023 8084 2106 to discuss how we can help.



Community Bites

SHABBY CHIC HAS ARRIVED!



Waters Green shabby chic boutique is located in the South Street Centre car park, near to the Dental Suite. It recently opened and

Pam the owner is very warm and welcoming. We have already had a look and highly recommend making a visit. Its home to a beautiful range of shabby chic and French style furniture with a delightful variety of unique nic nacs, home accessories, mirrors, gifts, craft, garden ware and much more. The furniture is painted and waxed by one of the world's most respected paint and colour experts Annie Sloan, to transform and give a high quality finish.

DOG OF THE DAY

Chester is Milly's 22 month old black Labrador puppy, and he is full of beans. As you can image, living with a dental nurse he has his teeth cleaned all the time. On one particular occasion Milly found a lump in Chester's mouth. Thankfully it was spotted when it was and he only had to have two teeth removed and a small amount of bone. Had it been spotted later he may have had to loose most of his jaw! As you can image Milly is now even more enthusiastic about teeth cleaning, not that Chester is too impressed!



If you'd like to contribute to this section – please contact Donna Devereux - info@dentalsuite.co.uk

Thank you for all your kind feedback. Here is what some of our patients are saying about us;

"I have always been terrified of dentists, but this dentist was absolutely brilliant! Sharon, Millie and Dr Nar were all brilliant and so professional"

"Friendly, helpful staff that accommodated me amazingly 5/5"

"Very friendly staff make you feel welcome and at ease 5/5"

We really do welcome your opinions, so if you have not had the chance to leave any feedback yet please add a google review or 'like' our Facebook page.



On that topic, if you 'check-in' on our Facebook page while visiting The Dental Suite, you will automatically be entered into a draw to win a **£25 John Lewis Voucher!**

Have you managed to look at our new website since our last newsletter? We would love to hear your thoughts on it as we strive to make it as patient friendly as possible whilst keeping it informative. Take a look at www.dentalsuite.co.uk.

As always, we are grateful for your support and we wish you a Merry Christmas and a Happy New Year!

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