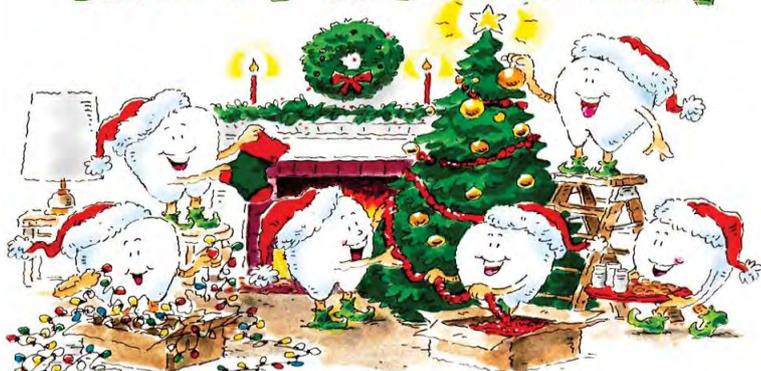


Newsletter

We would love to wish all of our wonderful patients for an amazing year and to wish you all a very Merry Christmas and a Happy New Year!

HAPPY HOLIDAYS!



Our Christmas Opening Hours

Emerald Dental Group will be closed from 12pm on 22nd December and reopening on the 2nd January.

Blackwater Dental Group will be closed from 12pm on 22nd December and re-opening on the 8th January.

T'is the season to be jolly and (over)indulge in a few festive treats! But it won't be just our waist lines taking a hit this Christmas.

Throughout the party season we will be increasing our intake of sugar, through alcohol or sweet foods so it's vital we take extra special care of our teeth and gums.

Here are 4 tips to ensure your teeth don't take a hit over the holiday break:

1. Beware of the mince pies, Christmas cake and pudding – though they satisfy you after a tradition Christmas lunch they do not satisfy your teeth, with all the sticky dried fruit that are high in sugar they tend to stick onto your teeth and cause damage

2. Don't ditch the routine – with everything going on in your household you may think its ok to be a little lax on the chore over the couple days but remember it's only a 2 minutes!

3. Use a bottle opener! We can all confess to attempting to open a bottle of beer with our teeth at some point in our lives. Although you can't legislate for genuine accidents, please remember your teeth aren't tools.

4. Be Careful of the Crackling – Everyone is a sucker to a good pork crackle on Christmas dinner but remember these are the main culprit to our broken tooth cases after Christmas break!



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