



Welcome to the Summer edition of the
Hilton Dental Care Newsletter

Invisalign Treatment

Straighter teeth with Invisible Braces

Did you know we can now straighten your teeth within just a few months using Invisalign?

Invisalign is a discreet alternative to traditional metal braces and we are thrilled to be able to provide this service to our patients. Invisalign uses a series of clear removable aligners to gradually move your teeth into the desired position. The aligners are custom-made for each patient using advanced 3D imaging technology, ensuring a precise and comfortable fit.

Unlike traditional braces, Invisalign aligners are virtually invisible, making them a popular choice for both adults and teenagers who want to straighten their teeth without the look of metal braces.



Children's Teeth

Quality dental care for children and attending the dentist from an early age is vital if they are to grow up with a happy and healthy smile. Looking after their first teeth is so important – problems with baby teeth can lead to difficulties with the permanent teeth that follow.

We recommend that you bring your child to us from when their first tooth starts to appear and no later than by the age of one. Their first few visits will be fairly informal and will enable us to keep a close eye on how their teeth are developing as well as discuss dietary habits, brushing methods and how best to keep their teeth healthy.

Our Children's Membership Plans start from just £2.75 per month.



Helpful tips to care for your child's teeth

- Brush their teeth twice per day - once in the morning (before breakfast) and then at night (just before bedtime)
- Supervise/help with their brushing until at least age 6 - especially important at night
- Limit their sugary snacks and drinks to meal times and drink water or milk throughout the day
- Use a fluoride toothpaste appropriate for their age and ensure they do not rinse after brushing - "spit, don't rinse". This gives the toothpaste more time to strengthen their teeth.

Membership Plans

More and more of our patients are joining our membership plan because it offers a simple, flexible way to pay for your dental care.

Membership allows you to pay monthly and is designed to encourage you to visit us regularly.

Plan Features

Adults Plan £12.50 per month includes:

- Routine Oral Health Examination and Hygiene Appointments every six months
- 2 routine X-rays per year
- Emergency Assessments are included
- Worldwide Dental Accident and Emergency Insurance
- 10% discount on Clinical Treatment*
- 10% discount on Oral Hygiene Products

*10% discount does not apply to Denture, Orthodontic or Implant Treatment



We Love Reviews!

If you would like to leave us a review on Google or Facebook, please scan the QR code.



Thank You!

3D Scans with Beth

Did you know we now offer a 3D digital scanning service

In 2018 we invested in a 3D Digital Scanner to help us provide a better service to our patients.

This amazing device is used to help us monitor important features in your mouth such as Gum Recession and Tooth-wear. It has a unique time-lapse feature that highlights the slightest change down to a fraction of a millimetre over many years!

Our patients love it as we regularly use it to help build Dental Crowns, Teeth Whitening Trays and Nightguards - so no more gooey impressions!

Please ask one of our team to book you a complimentary appointment with our Treatment Care Coordinator and Dental Nurse Beth (pictured) if you are interested.



10 Fun Facts about your Teeth and Gums!

Your mouth: where would you be without it? You probably don't give your mouth too much thought, but perhaps you should!

Here are some fun facts you probably don't know about your mouth, teeth and lips.

- 1. Without saliva, we would not be able to taste anything**
In order for your food to have any taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on your taste buds.
- 2. The inside of your mouth contains as many bacteria as there are people on Earth**
Around 100 to 200 species of bacteria can live in your mouth at any given time. Individuals that practice good oral hygiene have between 1,000 to 100,000 bacteria living on each tooth surface. Less clean mouths can have between 100 million and 1 billion bacteria on each tooth.
- 3. Teeth start to form before you are even born**
Your teeth start to form while you are still in the womb but do not appear until you are around six months old.
- 4. Many diseases are linked to Oral Health**
Your oral health can signal the presence of a number of different conditions or diseases in other parts of your body, including Heart Disease, Diabetes and Osteoporosis. That is why it is important to have regular check-ups and take good care of your teeth and gums.
- 5. There are approximately 10,000 taste buds in your mouth - most of which are located on your tongue**
Taste buds are replaced every two weeks - although as we age some of them will not get replaced at all. An older person may have only 5,000 working taste buds. That's why some foods may taste stranger to children than they do to adults. Smoking can also reduce the number of taste buds a person has.
- 6. No two people have the same set of teeth**
A person's teeth are as unique as their fingerprint!
- 7. Smiling helps you live longer**
Every time you smile, your body produces greater amounts of antibodies - giving you an immunity boost!
- 8. The enamel on the surfaces of your teeth is the hardest substance in your whole body**
It is however important that you care for your teeth as they cannot repair themselves.
- 9. If you don't clean in between your teeth, you miss cleaning approximately 40% of the surfaces of your teeth**
Proper interdental cleaning removes plaque and food particles in places where a tooth brush cannot easily reach and helps prevent cavities and gum disease.
- 10. Surveys indicate that 50% of people say that someone's smile is the first thing they notice**
Make sure your smile is always looking its best with routine dental examinations and good oral hygiene measures at home.

School Visit

We recently had the pleasure of talking all things teeth to some of the children at Hilton Spencer Academy.

Our Dentist Randeep and Dental Nurse Abbie provided the children in the Reception Year with advice on brushing, diet and what to expect when visiting the dentist.

Hilton Dental Care are committed to promoting good oral health habits in our community and know that developing these from an early age is vital.



HDC Sponsor Hilton Cricket Club

The coaches at Hilton Cricket Club are all volunteers and having seen the amazing work they do with the children we were happy to help provide their training jerseys and are proud to be one of the sponsors for our local club. We wish them all the best for the future and hope to be partnered for years to come.

