

Welcome to the Ciao paolo newsletter. The aim of this newsletter is to keep our patients updated on the events and changes going on at our practice.

The team at Ciao Paolo would like to wish all our wonderful patients a very Happy Christmas and a safe New Year; we look forward to seeing you in 2017.

Our Christmas and New Year opening hours are:

Friday 23th December 8.30-4.30pm.

Saturday 24th December-CLOSED.

Sunday 25th December-CLOSED.

Monday 26th December-CLOSED.

Tuesday 27th December-CLOSED.

Wednesday 28th December 9am-5pm.

Thursday 29th December 9am-5pm.

Friday 30th December 9am-5pm.

Saturday 31st December-CLOSED.

Sunday 1st January-CLOSED.

Monday 2nd January-CLOSED.

Tuesday 3rd January-CLOSED.

Normal opening hours resume from Wednesday 4th January.

Outwith these hours please contact NHS 24 on 111 for emergency advice.

BRUXISM/SENSITIVITY

Lots of people live with the symptoms of bruxism. Do you or your loved one chew in their sleep? Or do you find yourself clenching your teeth together when you're stressed. Bruxism is extremely common and as someone who does it myself I tend to be able to spot it in someone else by simply looking at them. In this cold weather, we bruxists can find that our symptoms get worse, having more headaches in the morning, shoulder and neck pain as we go about our daily lives. Most of this extra discomfort can be blamed on chilly weather and stress. Managing bruxism or sensitivity is something we can help with at Ciao paolo.

Some handy tips!

1. Wrap up warm including your face when you're out.
2. Take time to massage the muscles of your head and neck.
3. Come in and have a protective gum shield made up.
4. Take home one of our FREE self help CD's and stress management booklets.

Have a fantastic Christmas!

Claudia Wasige Dentist



Welcome to our new dentist.

We are delighted to welcome our new dentist Jacqueline Davidson BDS MFDS RCPS (Glas) to the practice. Jacqueline qualified in 2001 with a BDS dental degree. Jacqueline has worked in both Scotland and Australia.

Her interests lie in Oral Surgery and Oral Medicine including Temporomandibular Disorders. She is a founding member of the Study Club for Orofacial Pain, Scotland and lectures on the subject.

She is also a keen cosmetic dentist and enjoys helping patients look and feel their best with a combination of good oral hygiene, tooth coloured restorations, dental implants, tooth whitening and facial aesthetics. She enjoys helping patients feel at ease and in control of their treatment choices.

Her interests outside of work are in good food, spending family time outdoors and interior design.

Jacqueline is available all day Monday and Tuesday 10am-1pm.

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