

Ciao paolo™

Dental practice

Spring newsletter

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

In these newsletters you will find details of our new staff, new services we offer, and reminders of services that we have always offered but you may have forgotten about.

In this newsletter we hope to present the friendly face of the practice to encourage you to come and visit us.



While your kids get hopping mad for Easter don't forget to look after their teeth.

We all love the goodies that come along with Easter, but it's important to remember some tips to keep yours and your children's teeth safe during the sugar rush.

Ensure they brush their teeth for 2 minutes, twice a day. This can be a tricky one to enforce but they will get it sooner or later. The good habits you instil now will follow them later in life too.

If they eat sweets make sure it's **with a meal and never before bed** as they'll sleep with sugar on their teeth.

Do try to limit their sugar intake where possible. If you know they are going to visit family who may treat them, avoid chocolate earlier in the day. And most importantly the Easter holidays **are the perfect opportunity to take your children for a check up.**



Doing some spring cleaning?

While you're busy beating rugs, cleaning curtains and organizing cabinets, don't forget to check your bathroom counter! Add these 3 items to your checklist to include dental hygiene in your battle plan.

1) Replace old or worn toothbrushes

Get into the habit of changing your manual toothbrush every 3 months. The ability of a toothbrush to reach small crevices decreases as its bristles wear down. Bacterial and viral infections are another reason to change an old toothbrush for a new one. Infectious agents can thrive among the bristles, with the potential to reinfect you, so make sure you toss your toothbrush after every cold.

2) Replenish your floss supply

The recommended length is 18 inches per flossing session. With a daily flossing schedule that adds up to roughly 45 feet of floss per month! Stock up to avoid running out.

3) Schedule a dentist appointment

With cleanings recommended for every six months, regular visits to the dentist should already be a part of your schedule. If you've been skimping on these visits, or a new problem has popped up, call your dental office to set up an appointment. Seeing your dentist regularly is a good way to spot-and stop-problems before they become bigger, pricier and painful.

What's new at the practice?

Did you know here at Ciao paolo we have created a special dental plan package to help you maintain your smile all year round?

What are the key benefits of joining the Ciao paolo membership plan?

Your regular visits will reduce the risk of oral disease and the need for potential expensive treatments.

*Other benefits are **2 full mouth oral health examinations** per year, **2-4 hygiene visits** a year, all in practice **xrays**, **10% discount** on fillings, crowns, bridges and dentures.*

Comprehensive dental accident and emergency insurance cover up to £10,000 per incident. Terms and conditions apply.

Family members receive a £1 per month discount when they join the Ciao paolo membership plan.

Plan membership assures continuing care with the same dentist.

Plan members can enjoy priority appointments, rewards and offers.

Call us today to find out more about our membership plan.

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