



F lagstaff N ews

40th Edition - February to April 2019

Our Staff

Dr Dal Sihota - Dentist
Dr Pam Sihota - Dentist
Dr Mei San Chan - Dentist
Dr Andrew Harms - Dentist
Lori Jaggard - Hygienist / Therapist
Tess Eckert - Hygienist
Liane - Practice Manager
Amanda - Office Coordinator
Rachael - Receptionist
Melanie - Head Clinical Nurse
Toni - Clinical Assistant / Receptionist

Surgery Hours

Monday	8am - 5pm
Tuesday	8am - 6pm
Wednesday	8am - 6pm
Thursday	8am - 6pm
Friday	8am - 5pm
Saturday	CLOSED

All of our team are more than happy to help you with any enquiries you may have.

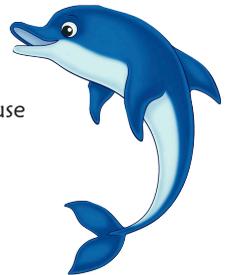
Please feel free to check us out on our website at www.flagstaffdental.com.au.

Did you know!?!



It takes 43 muscles to frown and only 17 muscles to smile.

Dolphins use their teeth to grab only, not to chew, because dolphins don't have any muscles in their jaws.



In the 1800's, blacksmiths and barbers also served as dentists.



Flagstaff News...

Softdrinks and your teeth

Soft drinks including fizzy drinks, sports drinks, energy drinks, juices and cordial are one of the most significant dietary sources of tooth decay and erosion that affects people of all ages. The acids and sugars found in these drinks soften the outer surface (enamel) of the tooth and lead to the formation of cavities.



If you drink these often enough, you start to permanently wear away the enamel of your teeth. As the enamel becomes thinner it exposes the inner layer (dentine) which can become very sensitive and causes the teeth to appear darker.

Soft drink consumption in Australia has dramatically increased, especially among children and teenagers. 58 percent of young adults consume an average of 800 millilitres of soft drink per day.

Children, teenagers and adults can all benefit from ideally reducing the number of soft drinks that they consume or taking steps to minimise the damage that they can cause.



Try stocking the fridge with other drinks such as milk and water and encourage your children to drink them, or if you do have an occasional soft drink, rinse your mouth with water straight after to prevent the sugars and acids from weakening your teeth.

Mouthguards

Every year dentists are frustrated by the amount of dental injuries caused by sporting accidents where people have not been wearing mouthguards.

A custom made mouthguard is a flexible thermoplastic mouthpiece that is worn to protect teeth from accidental sporting trauma to the mouth and is only available from your dentist or dental technician.

Anyone who participates in a contact sport that carries a risk of a knock to the face should wear a custom fitted mouthguard. Some common sports where a mouthguard is recommended include football, netball, rugby and basketball.

Mouthguards are effective in moving soft tissues in the mouth away from the teeth. This helps prevent lacerations and bruising of the lips and cheeks and also greatly decreases the risk of fracturing teeth or having teeth knocked out completely.

These injuries can lead to long and potentially expensive treatments to restore the teeth and mouth back to normal function and appearance.

In certain instances, a mouthguard may lessen the chance of serious injuries such as concussions, neck injuries, jaw fractures and brain haemorrhages (bleeding) by helping to cushion a high impact blow to the face and jaw.

Mouthguards should be worn not only for playing, but also for training.

Ideally you should update your mouthguard every 12 months to ensure effectiveness.



Flagstaff News...

Botox/Dysport (Botulinum Toxin A)

Dal is now providing Dysport treatment for our patients here at the practice.

Dysport treatments can help for patients who are still experiencing pain from clenching or grinding even when they are using their Nightguard at night or are clenching during the day and are having ongoing symptoms. Dysport helps to relax the overactive muscles of the jaw by injecting it into the affected muscles. You will be glad to hear that there is very little discomfort involved with the procedure but the results are usually excellent.

We also offer Dysport for cosmetic treatments to our patients. Dysport can help soften lines around the eyes (crow's feet), deep forehead lines and frown lines. It can also be used to help with 'gummy' smiles by relaxing the upper lip muscle and reducing the amount of gum shown when a person smiles.

Generally, the effects are seen between 1 to 2 weeks after treatment and usually no anaesthetic is required.

Treatment usually lasts between 3 to 6 months before normal function completely returns.

Thank You!

A very BIG THANK YOU to all our patients who helped out once again last year with the toys and food parcels for the ANGLICARE XMAS APPEAL. Your generosity is very much appreciated. You've made Christmas special for so many families.

A big thank you also to everyone who donated to the "Cows for Cambodia" Fundraising campaign that Amanda has been

doing before she heads over there in March. She has already raised \$3000 and every dollar will be put to good use helping to provide families in Cambodia with things we take for granted.



Patient Rewards

We are continuing with incentives for introducing new patients to our practice. You can collect a voucher from our front desk and give it to a friend or family member. As a new patient, they will then receive \$50 off the cost of their visit for an 'initial check-up, clean, periodontal charting and x-rays' on presentation of that voucher. (see voucher for more details)

If you recommend a new patient to come to our surgery, and they name you as the person who recommended them, as a thank you we will reward you with a \$50 credit off your next appointment.

Thanks to modern technology we can now confirm your appointment by SMS to your mobile. Please make sure we have your correct mobile number. When you have received your SMS, you just need to reply with "YES" to confirm your appointment.

If you would prefer to receive your continuing care reminders and our quarterly newsletters and specials via email please ask our receptionist to update your records with your email address. Please be sure to add us to your contacts list so that we don't end up in your junk mail.

Follow us on Facebook to get up to date information and find out what we're up to. Like us at facebook.com/flagstaffdental.



Flagstaff News...

About Us

We have all had a relaxing break over the Christmas/New Year period and have returned ready to tackle the new year. We hope you have also had a lovely Christmas and New Year with your family and friends.



We are all thrilled to announce that Brittany had a beautiful baby boy just before Christmas. Mum and baby are both doing well.



Now that Tess has returned from maternity leave, we have sadly said goodbye to Cat as she has finished her temporary role with us.

We will all miss her very much and wish her well in the future.



We welcome our new dentist Dr Andrew Harms to the practice. Andrew started with us back in November and is already proving to be very popular with our patients. He has many years' experience and looks forward to meeting you.

Monthly Special Offers

For this quarterly newsletter, we are having monthly specials of:

February 20% off Mouth Guards

March 20% off Night Guards

April 20% off Dysport

Please mention the special to staff when booking to make your appointment.

Patient Feedback

At Flagstaff Hill Dental Care, we aim to provide the highest standard of treatment in a friendly & relaxed atmosphere. Your opinion matters to us, so we have created feedback forms to hear how we can make your visits as positive as possible. Each month one form will be drawn out & the patient will receive a \$50 credit on their account. To go into the draw, please fill out a feedback form at your next appointment or drop in to pick one up from the reception desk.

Flagstaff Hill Dental Care

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