

# News



DUNMURRY  
DENTAL  
PRACTICE

Spring/Summer 2011

## Keeping you informed

We hope that you enjoy this newsletter. We focus on how you can have a sensational smile, tell you about the government changes affecting the dental profession and inform you about payment options. If you have any feedback or questions, please do give us a call on 028 9061 3322.



## Changes in legislation

From 1st April this year all dental practices in Northern Ireland offering private dental care and treatment had to apply for registration with the RQIA (Regulation and Quality Improvement Authority).

Its aim is to ensure that all patients receive a common standard of care that meets essential levels of quality and safety. This means that the practice will be regularly assessed to show that we have met this level of quality and safety.

All the necessary changes to the practice have now been undertaken and we want to assure you that we will maintain the highest standards of safety and quality for all our patients.

## What you say about us!

If **Carlsberg** did Dentistry it would be just like this!

The new surgery surroundings now match the staff who are all fantastic!

Excellent new facilities; a **transformation** achieved with no inconvenience to patients - well done.

Absolutely love the new practice - I love the light and the openness - very welcoming.

Excellent - very friendly and lovely staff.



## Introducing our new dentist Catherine Cassidy

Catherine qualified as a dental surgeon from Trinity College Dublin in July 2007 and joined Dunmurry Dental Practice in November 2010. She has worked for the Irish Health Board and a private practice in Dublin, before moving to a general practice in Enniskillen and Londonderry.

Catherine has continued her professional development by attending dental courses on a regular basis and has experience in a variety of dental areas including cosmetic dentistry. She is presently undertaking a masters degree in Restorative and Aesthetic Dentistry through the University of Manchester.

## Appointment reminders – SMS (text) messaging

We now have a text messaging reminder service to help you remember your next appointment. We hope you find this useful.

If you would like to take advantage of this service please let our reception team know.



Denplan  
At the heart of dental care



## Ways to pay and budget for your dental care

Dunmurry Dental Practice is an independent practice which provides dental treatments to patients either privately or through the NHS. We provide you with a choice of how to pay for your dental treatment. Denplan Essentials is a dental payment plan to cover your routine and restorative dental care, or you can pay each time you attend by cash, cheque or credit card.

We even have interest-free credit, arranged by a third party, for those larger treatments such as dental implants, orthodontics or cosmetic treatments.

### Denplan Essentials

Denplan Essentials is a dental payment plan that helps towards the cost of your routine dental treatment ie. check-ups, hygienist visits and x-rays. The dental plan includes mandatory Supplementary Insurance, worldwide dental injury and dental emergency cover as well as access to Denplan's 24-Hour Worldwide Emergency Helpline.

With Denplan Essentials for £11.50 per adult per month you will be entitled to:

- 2 check-ups per year
- 2 hygienist visits per year (scale and polish)
- All routine dental x-rays
- 10% discount of all other dental treatments (not implants)

If you have any questions about the dental payment plan please ask a member of the Reception Team for a copy of the Denplan literature. As with all insurance policies, terms and conditions apply.

### Opening times

Monday	09.00 to 17.30
Tuesday	08.30 to 17.30
Wednesday	09.00 to 17.30
Thursday	08.30 to 17.30
Friday	09.00 to 16.30

## Need a reminder why regular check-ups are good for you?

It's always better to stop problems before they start and regular check-ups with our dentists, can help reduce the need for treatments.

At your dental check-up we assess your oral health and look for any deterioration or improvement since your last visit. Each check up includes:

- Checking for decay in your teeth
- Checking your gums for disease
- Checking for oral cancer
- Oral hygiene instruction
- Dental x-rays when necessary
- Smoking and alcohol advice if necessary
- Treatment planning

## Focus on Dental Hygiene

Healthy teeth are essential for a beautiful smile and the key to achieving them is to brush, floss, eat well and visit your dentist regularly.

Use a **quality toothbrush** and **fluoride toothpaste** for two minutes twice a day. Don't stop at just brushing your teeth and gums - give the back of your tongue a good clean as well - it harbours loads of smelly bugs which are a major factor in causing bad breath. Ask us to advise you on the best sized toothbrush for you.

**Spit but don't rinse.** Rinsing after brushing reduces the effectiveness of your fluoride toothpaste so don't rinse it all away.

**Flossing** in Britain is still a minority sport but it is essential to clean between your teeth every day to remove the harmful bugs that not only cause gum disease, but can also be responsible for bad breath.

Lots of people find flossing very difficult so ask your hygienist at your next appointment for a lesson in the best way to do it.

Hygienist appointments available with Maria Nolan from £30.

## Recommend Us

If you have any friends or relatives that may be interested in joining the practice please pass on our details.

## Contact details

105 – 107 Kingsway, Dunmurry, BT17 9NS

**028 9061 3322**

info@dunmurry-dentalpractice.co.uk

[www.dunmurry-dentalpractice.co.uk](http://www.dunmurry-dentalpractice.co.uk)



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