

## Maintaining a healthy and bright smile long-term



For many of us, the start of a new year is the time when we kick start our health and well-being plans and prioritise self care. Our overall wellness is closely linked to our oral health and regular Dentist and Hygienist appointments can prevent future dental problems and play an essential part in achieving good long-term health.

We feel that Dentistry is an excellent example of a stitch in time saves nine. It pays to find out about any issues with your teeth or gums early, as they can be dealt with more easily and at a lower cost.

## Regular Dentist appointments



As well as an examination of your teeth, gums and mouth, routine appointments with your Devonshire House Dentist include a mouth cancer check and the chance to discuss any dental problems you may have and the treatment options available.

## Visiting the Hygienist

A visit to your Hygienist instantly brightens your teeth and freshens your mouth. As well as a thorough clean of your teeth and gums, all appointments at Devonshire House include stain removal treatment and advice on how to maintain good oral health care at home.



To maintain your long-term oral health, please book an appointment online or contact our Reception team on 01223 245266 or email <u>enquiries@dh-dental.co.uk</u>

## **New Patients Welcome**

Due to the expansion of our Dentist and Hygienist teams we currently have the capacity to welcome new patients.

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