



# merry christmas

As another year wraps up, we want to say a big thank you for your trust and loyalty over the past year. We are looking forward to keeping your teeth healthy and bright in the year ahead!

Wishing you a wonderful Christmas and a Happy New Year,  
See you in 2025!

## Our Christmas Opening Hours are:



**Christmas Day (25th)**  
**Boxing Day (26th)**  
**Friday 27th Dec**  
**Monday 30th Dec**  
**Tuesday 31st Dec**  
**Wednesday 1st Jan**  
**Thursday 2nd Jan**

**Closed**  
**Closed**  
**8.30am - 5pm**  
**8.30am - 5pm**  
**8.30am - 5pm**  
**Closed**  
**Open as Usual**



**For urgent dental care outside of our opening hours please call 111**



With the New Year on it's way have you thought about resolutions? Here are a few suggestions:

### For Better Daily Habits:

- Brush twice a day with a fluoride toothpaste
- Floss daily
- Replace your toothbrush/toothbrush head every 3 months



### For a Healthier Diet:

- Reduce sugar intake - cut back on sugary drinks and foods to reduce cavities
- Drink more water
- Eat more smile friendly foods such as calcium rich cheese/yoghurt and crunchy fruit and veg



### For a Brighter Smile:

- Stop Smoking
- Cut back on staining food and drinks - such as coffee, red wine, curry etc.
- Tooth Whitening - remember that only a dental professional is legally allowed to provide tooth whitening so if you are looking to whiten your teeth please speak to your dentist not a beauty salon.



### For Regular Dental Care:

- Stay on top of check ups, book the next one before you leave the practice
- Address dental issues early. Don't put it off, the earlier they are caught the less invasive treatment is likely to be necessary.
- Consider addressing any dental concerns. If you are unhappy with your smile explore the options to boost confidence.

Choose a resolution or two that feels achievable and remember that small, consistent changes can make a big difference!