



2006

# Smile Times<sup>TM</sup>

The Newsletter from Far Headingley Dental Care

## New Year Revolution

In 2005 it was fashionable to start the year with a detox - for 2006 many are starting the year with a brand new smile.

FHDC offers a variety of solutions to your cosmetic problems. This may be as simple as a session of plasma tooth whitening or perhaps you would like to address those crooked teeth that have been bothering you for years.

Your dentist will be able to discuss your concerns and help you create your perfect smile for the year ahead.

Please speak to our reception team to arrange a consultation meeting.



## Tooth & Gum Beauty Therapy

One of the new services that FHDC is pleased to now be able to offer is that of a dental hygienist.

Lisa Ramage will join the team in January and will be able to provide two important services. The first is regular cleaning and



polishing of your teeth and oral hygiene instruction between dental visits. The second is treatment for those people who have gum disease to help stabilise it and help prevent tooth loss.

Your dentist will be able to provide more advice of FHDC's hygienist services during your routine dental examination.

Regular visits to a hygienist can help prevent the need for dental treatment and reduce your overall dental costs.



visit us online @  
[www.fhdc.co.uk](http://www.fhdc.co.uk)

## Fresh New Look

For over 50 years people have been visiting the practice at 174 Otley Road. At the end of 2005 Dr John Whittle retired from dentistry. The practice is now owned by Dr Precious who is delighted to be able to offer the same high quality dentistry and new additional services. The team at FHDC wish John and his wife Viv well in retirement.

As part of the change new "branding" has been created. This will be used throughout new literature, signage and on the new practice website.

## Meet the team...

Name: Dr Purvi Precious

Role: Principal Dentist

Purvi is married to Adrian and has a Chocolate Labrador called Bodie

Born: London

Age: 30

Likes: Walking, Skiing & Scuba Diving, Yoga & spending time with family and friends

Favourite Food: Anything spicy especially Thai

Favourite Film: The English Patient

What do you love about your job?

Meeting new people. Helping people improve their confidence through cosmetic treatment and working with a great team!



## Needle Free Anaesthetic

It is now possible to administer local anaesthetic for a filling without a needle injection. This has proved to be very successful and popular (especially for nervous patients). It is not possible to use it in all situations at present, but it is ideal for the front and side teeth and can be used for both adults and children. The technique is virtually painless with just a soft 'thump' when the jet of local anaesthetic is administered. It is directed specifically towards the root of the tooth and means that less anaesthetic is required and the feeling of 'numbness' wears off quicker.



## Cancellation Policy Reminder

Far Headingley Dental Care asks for at least 24 hours notice if you need to cancel or rearrange your appointment. This enables us to provide the unused clinical time to others whose need may be urgent.

Unfortunately for all patients who fail to attend or who do not provide the necessary notice a surcharge for any lost time may be charged.

The Far Headingley Dental Team would like to thank you all for your assistance with this

## Leeds Hospital Fund Benefits

Did you know that from just £2.73 a week you can join the Leeds Hospital Fund where you and any dependent children can claim up to £95 each year for the cost of dental treatment plus many other health related costs including opticians, physiotherapy, hospital admissions, chiropody, chiropractic treatment and much more.

Please ask at the practice for more information or visit the funds website at...

[www.lhfhealthplan.co.uk](http://www.lhfhealthplan.co.uk)



**Telephone**  
0113 275 1323

**Opening Hours**  
Monday to Friday  
9.00am - 12.30pm  
2.00pm - 5.30pm

**Address**  
174 Otley Road  
Headingley  
Leeds  
LS16 5LG

[www.fhdc.co.uk](http://www.fhdc.co.uk)

### Your Team

**Dentist** Purvi Precious BChD

**Hygienist** Lisa Ramage DipDT&DH

*Interested in joining our team?  
Please send your CV to the practice*