



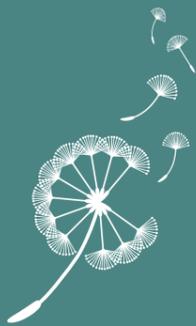
## Welcome

Welcome to the latest edition of the Calm & Gentle Dental Care Rustington Newsletter! As you can see, we've had a bit of a makeover - what do you think?

Don't worry - your friendly dental team are all still here, we've just had a bit of a face-lift!

As always, our newsletters are here for us to keep in contact with you, to make sure you're kept in the loop with all the behind-the-scenes happenings, staff updates and the day-to-day events that we experience in the modern dental world!

In our newest issue, you will see the newest way to floss, devices that can help you to stop grinding your teeth, a new addition to the Calm & Gentle family, a new face at the practice, and a monthly offer that will have your mouth watering!



**YOU COULD WIN...**  
A Free Meal for Two

**Worth £50!**

This month, we're offering you a free meal for two, worth £50!

The rules of the competition are nice and easy. All you have to do is refer your friends, family and colleagues to us for a check-up. The person who refers the most new patients to us will be crowned our winner and win their Free Meal for Two!

In the event of a draw, we shall pick the names from a hat to keep things nice and fair! Remember: when you refer your friend, family member or colleague to us, remind them to mention your name, and the word "Meal"! The competition ends on September 29th 2017. Good luck!

## Industry Update

This month's Industry Update focuses on some traditional mouth guards, that used to be prescribed by dentists a lot, fell out of popularity, and now becoming more and more in fashion...

These devices are used for those who grind their teeth at night. Many people grind their teeth at night without even realising, and this affects the joint between your ear and jaw. So, if you find yourself waking up with headaches or a sore jaw, you may be suffering from a condition called TMD.

Wearing one of these guards places the jaw in a comfortable position, that can also reduce the wear on your teeth!



## Big News

A big congratulations to our Implant Dentist, Pieter Claassen and his wife, Estie, who have just welcomed their third little boy into the world!

Hunter was born on September 7th 2017, and is already being shown plenty of love from his older brothers, Calvin and Brady, as well as mum, dad and friends and family!

We are all sending our best wishes to the ever-growing Claassen clan!



## Charity Events at Calm & Gentle Dental Care Rustington:

Monday 25th September marks the date of our Macmillan Coffee Morning!

Why not head on down for a cup of coffee or tea, and a nice slice of cake - all in the name of raising money for those suffering with cancer.

Last year, we raised £54, and this year, we're looking to double that!

So come along, around 11am - bring your friends and family, and let's have a nice chat over some cake!



## Testimonials

Feel like Kray, Kass, Pieter and the Team have done a great job this month?

Why not leave them a review? Click the buttons below to leave reviews on either Facebook or Google!

Or, if you'd prefer to email us a review, click the picture of the envelope!



## Patient Satisfaction...

Last month, we asked you to fill out some feedback forms on our Reception desk. This led to the following results:

100%	80%	80%	100%
Greeted with a Smile	Seen on Time	Rated Treatment as Painless	Rated Clean

Thank you very much for your feedback!

## Tooth Tip - May the Floss be with You...

We often ask our patients if they floss, and mostly always hear a "YES", however their teeth say a resounding "NO!" Luckily, you can now floss without using floss, using Tepe Brushes, which help to clean the space between the gum and the tooth gently, and without any bruising!



## Staff Update -

In this month's staff update, we're saying hello to our new Hygiene/Therapist, Amy!

Amy has been in for a couple of weeks now, and is able to provide a gentle, thorough clean of the gums, as well as providing small fillings.

Regular hygienist appointments are integral to making sure your oral health is at its best.

Arrange yours today by calling 01903 856 888, or drop us an email at [info@rustingtondental.co.uk](mailto:info@rustingtondental.co.uk)!

COMING SOON...WE'VE GOT SOME GREAT TIPS, OFFERS AND FUN STUFF ON ITS WAY, STAY TUNED FOR MORE

Read more at [www.RustingtonDentalCare.co.uk](http://www.RustingtonDentalCare.co.uk)