

Here at Milngavie Dental Care, we focus on prevention. Here are some top tips to help keep your teeth in the best possible condition.

- 1** When you treat yourself to something sweet, do so at meal times. Sugar turns to acid in your mouth, and it takes 45 minutes to get back to normal. Frequent snacking doesn't let your mouth recover.
- 2** Chew sugar-free chewing gum. This makes saliva flow, protecting teeth and gums against destructive bacteria and acid.
- 3** Remove plaque by brushing and flossing every day, from every surface of your teeth. Everybody has plaque, which is harmful to teeth and gums.
- 4** Spit, don't rinse after brushing. This will leave a coating of toothpaste on your teeth. Choose a fluoride toothpaste which will protect your teeth and gums from damaging acid and plaque.
- 5** Drink water. Fruity drinks may sound healthy, but fruity and fizzy drinks all contain acid which can dissolve your teeth over time and cause decay.



MILNGAVIE DENTAL CARE

Look after your teeth for life

Practice membership just **£14.25** per month

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Extended opening hours, plus Saturday appointments!

plus...
FREE
customised tooth whitening kit worth £290 when you join our plan



Whether you are a new or existing patient, we would like to thank you for choosing our practice. At Milngavie Dental Care, we provide high-quality treatment in a friendly environment. We are committed to continuing dental education and keeping abreast of the changes in modern dentistry. We encourage preventive techniques – helping you to understand how to maintain the health of your mouth and keep it free of tooth decay and gum disease.

We are delighted to offer our own membership scheme, which enables us to provide you with the treatment and support necessary to control dental disease and restore your mouth to full fitness. Our modern health-promoting approach with continuing care means:

- Fewer fillings
- Less dental decay
- Less likelihood of toothache
- More attractive teeth
- More choice
- Reduced costs
- Helping to keep your own teeth for life.

By joining our practice, you can also benefit from the following:

- Online appointment booking system
- Extended opening hours
- Finance facilities available
- Pay-as-you-go options available
- Friendly and approachable, experienced staff
- Free child places
- Focus on prevention
- Cosmetic makeovers
- Implant dentistry
- Short-term orthodontics
- Facial aesthetics
- Advanced dentistry.



Plan benefits...

	Practice Membership £12.63 per month*
Appointments**	
Number of dental appointments per year	2
Number of hygiene appointments per year	2 to 4
Discounts***	
Discount on laboratory based treatments required, i.e. crowns, bridges and dentures	20%
Discount on any fillings	20%
Discount on additional hygiene care	20%
Discount on short-term orthodontics	Up to 20%
Discount on implants	Up to 20%
Discount on oral hygiene products purchased at the practice	10%
Insurance****	
Worldwide Dental Trauma and Emergency Callout Insurance	✓
Redundancy protection for your monthly payments for up to 12 months	✓
And there's more...	
Routine x-rays	✓
Free smile makeover assessment	✓
All routine planning for your future dental needs	✓
Assessment of emergencies and dental pain with any temporary treatment required, carried out at the practice during normal surgery hours	✓
Children register free with a plan paying adult	✓

* An initial administration fee of £9.50 will be collected with your first payment only.

** The provision of routine examinations is subject to receipt of the required consecutive monthly payments.

*** Discounts only apply to treatments carried out at the practice, exclusions apply.

**** The price includes a premium of £0.52 per month for the Worldwide Dental Trauma and Emergency Callout Insurance. Please see the Keyfacts document for further details. Prices correct at time of going to print.

How do I register?

You just need to complete a simple agreement form to become a member. This will require your signature and bank account details. We will then set up a monthly Direct Debit payment.

Please speak to any member of the team if you would like more information.