



BELLEGGROVE
dental surgery

Jan 2020

Bellegrove Dental Surgery

201 Bellegrove Road,
Welling,
Kent, DA16 3RA

020 8856 0963

enquiries@bellegrove-dental.co.uk

OPENING TIMES

Mon	8.30am – 5.00pm
Tue	8.30am – 5.00pm
Wed	8.30am – 8.00pm
Thu	8.30am – 5.00pm
Fri	8.30am – 5.00pm
Sat	8.30am - 1.00pm

SERVICES

Dental Implants
Dental Examinations
Fillings and White Fillings
Root Canal Treatment
Crowns and Bridges
Emergency Dental Treatment
Tooth Whitening
Extractions
Dentures
Gum Disease Treatment

Our quarterly newsletter is designed to keep you up to date with what's happening with our practice and focuses on various topics throughout the year.

Mouth Cancer Awareness Month



November was Mouth Cancer Awareness month and at Bellegrove we wanted again to help raise awareness not to just our patients but also to our local community.

The aim of this national initiative was to raise awareness of mouth cancer and for mouth cancer to be diagnosed at an earlier stage.

We visited the Tesco Superstore in Welling on Saturday 9th November 2019 to hand out information leaflets on how to spot the signs and symptoms of Mouth Cancer and also to give out free toothpaste samples.

Thanks to all our patients that came along to see us!

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Hidden Sugars in Food and Drinks



Some of you may have noticed that we now have a 'hidden sugar display' in our waiting room. The aim of this display is to highlight how much hidden sugar there is in some of the popular food and drinks we all have at home.

This display will be changed regularly so please take time to have a look next time you're here.

Good Luck Amber!!



As some of you may know our receptionist Amber is expecting her first baby and went on maternity leave on 17th January 2020.

The whole team wish her well and look forward to meeting our new Bellegrove baby. Good luck Amber!

Oral B Floss Picks

Even though we brush our teeth twice a day we still need to get between the teeth to clean out any debris and bacteria that may have collected there. We recommend flossing once a day, ideally at night time. Flossing can be tricky and some people find it difficult to do which is why at Bellegrove we recommend Oral B Glide Floss Picks.

They have many benefits and a lot of our patients find them easier to use compared to normal floss. They are:
Shred resistant floss.

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Easy to reach back teeth making it easier flossing with one hand.
Slides up to 50% more easily in tight spaces.

Easy to reach back teeth.

Gently stimulates gums and helps prevent gingivitis.

Tension control design allows floss to surround the tooth surface.

30 pieces in a pack.



Available to buy at reception for only £4.99