

JANUARY 2024



## Embrace a Healthier Smile in the New Year!

**Welcome to a New Year**, a perfect opportunity to prioritise your dental health and embark on a journey towards a brighter, healthier smile! At Aura Dental, we believe that small habits can make a big difference in maintaining optimal oral health.

### 1. Brush Twice a Day for 2 Minutes

Kickstart your day and bid it farewell with a two-minute brushing routine. Set a timer or play your favourite song to make it enjoyable. Ensure you reach all corners of your mouth, brushing away plaque and preventing the build-up of harmful bacteria.

### 2. Embrace Flossing

Flossing might seem like a small task, but its impact is immense. Incorporate it into your daily routine to remove plaque and food particles between your teeth, areas that your toothbrush might miss. Consistent flossing contributes to healthier gums and prevents cavities.

### 3. Integrate Interdental Brushes

For those hard-to-reach places, interdental brushes are your allies. These tiny brushes slide between your teeth, cleaning areas that floss might not reach. Easy to use and highly effective, they are a valuable addition to your dental care routine.

### 4. Stay Hydrated

Believe it or not, staying hydrated is crucial for your oral health. Water helps flush away food particles, bacteria, and acids, reducing the risk of cavities. Make it a habit to sip water throughout the day, especially after meals.

### 5. Regular Dental Checkups

Don't forget the importance of regular dental checkups. Schedule a visit to Aura Dental at least every six months for a comprehensive exam and professional hygiene treatment. Our team is here to identify and address any potential issues early on, preventing major dental problems that can lead to pain, inconvenience, and added costs.

Embark on this journey with Aura Dental to ensure your smile remains radiant and healthy throughout the year. Small steps today can lead to a lifetime of confident smiles and optimal oral well-being. Here's to a New Year and a healthier, happier you!

[Book Online](#)



20% Off

# HYGIENE

if you leave us a  
Google review.

It makes our job all the more satisfying when we hear from our patients who have had a positive experience at Aura Dental

It also allows us to learn and continuously improve our services.

**So, to say thank you we'll give you 20% off your next hygiene visit when you leave us a google review.**

\*T&C's apply.

[Click here](#) or use the QR code below to leave us a review.



## Hear From Our Lovely Patients...

Feedback from our patients allows us to learn and continuously improve. It makes our jobs all the more satisfying when we hear lovely words from you!



**Megan Purkis**

1 review

★★★★★ a month ago

A great appointment, as always. I know I'm in safe hands and trust the advice given!



**A J**

5 reviews

★★★★★ 3 days ago **NEW**

Everyone is very friendly professional Best hygienist Maya Samuel.



## Prioritise Your Health: The Crucial Role of Regular Mouth Cancer Checks

**Mouth cancer**, also known as oral cancer, is a serious and potentially life-threatening condition that can affect various parts of the oral cavity, including the lips, tongue, gums, and the lining of the mouth.

In recent years, the incidence of mouth cancer has been on the rise across the UK, with current statistics indicating a concerning increase over the past five years.

According to the latest data, there has been a noticeable uptick in the number of mouth cancer cases, underscoring the urgency of proactive screening. By incorporating mouth cancer checks into your routine dental examinations, we aim to detect any potential issues at an early stage, significantly improving the chances of successful treatment and recovery.



**It is crucial for everyone to be aware of the signs of mouth cancer.** Symptoms may include persistent mouth sores, unexplained bleeding, difficulty swallowing or speaking, and changes in the colour or texture of oral tissues. If you notice any of these signs or experience any unusual oral discomfort, it is essential to bring it to our attention promptly.

We encourage each of our valued patients to prioritize their health by scheduling regular dental check-ups, during which our experienced team will conduct thorough mouth cancer screenings as part of our comprehensive dental care services. Detecting potential issues early on not only enhances treatment outcomes but also contributes to overall well-being.

At Aura Dental, we are dedicated to providing you with exceptional care, ensuring that your oral health remains a top priority. Remember, your well-being starts with prevention, and regular dental check-ups are a key component of maintaining a healthy, happy smile.

Don't wait – book your routine check-up today, and let's work together to safeguard your oral health!

[Book Your Dental Check Up](#)



If you are member of the St John's Wood Society, **you can get 10% off your check up and hygiene appointments at Aura Dental.** Just present your card at reception at the time of your appointment! To become a St John's Wood Society member go to <https://www.stjohnswoodsociety.org.uk/>

# Finance and Payment Plan Options At Aura

We understand that dental treatment can come at a cost. That's why Aura Dental offers finance and payment plan options to help you manage and spread the cost of larger (over £500) and/or longer treatments.

## Interest Finance via Tabeo

- 0% Finance for 10 months or interest bearing finance from 5% for up to 4 years.
- Quick and easy online application and set up with our Finance provider, Tabeo.
- Soft credit check only upon initial application. Full credit check required to proceed with finance.



You can try out our finance calculator [here](#).

## Aura Payment Plan (for longer treatments eg orthodontics)

- Spread the cost of your dental work over the duration of your treatment.
- 50% paid at first appointment and the rest paid by monthly direct debit until treatment is completed.
- No credit checks required (monthly direct debits need to up to date to be able to continue treatment)



To find out more just ask a member of staff at your next visit to the practice.

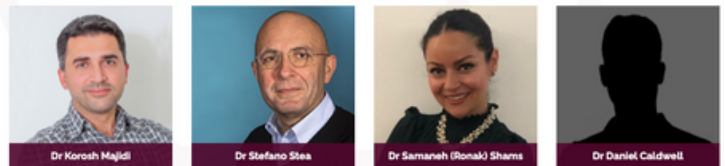
## The Aura Team

As the New Year gets into gear, we are continuing to increase availability to dentists and hygienists. Our current rota is as follows:

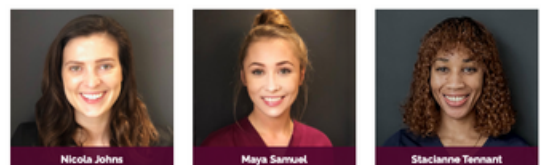
**Dr Shashi Tadi** is in every Tuesday  
**Dr. Yovaan Ilangakoon** is in every Wednesday  
**Dr. Ilaria Mestroni** is in every Thursday and every other Wednesday  
**Dr. Rhianna Mohindru** is in every Thursday  
**Dr. Ronak Shams** is in every other Wednesday  
**Dr. David Tissera** is in every Friday  
**Maya Samuel, Nicola Johns** and **Stacianne Tennent**, our Hygienists are in every Tuesday, Friday & Saturday respectively.

We also have our visiting Specialists, **Dr Stefano Stea**, Maxillofacial Surgeon and **Dr. Andrea Tadesco**, Zygomatic Implant Specialist.

### Dentists



### Hygienists



See You Next Month!