

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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## WE'RE BACK WITH OUR MONTHLY NEWSLETTER!

Some of our longer standing patients might remember our old newsletters, well they are back with a fresh new look!

We will pack our newsletters with the latest events, news and whatever is going on in the local area. There will also be some dental information, treatment offers, before and afters and some helpful tips to keep your teeth looking amazing!

We would love as much patient input to our newsletters as possible, so if you have any feedback on what to include, if you have a business you want to advertise or if you just have a bit of good news you want to share, then please get in touch with us and we will get you in one of our issues.

So without further ado, we hope you enjoy the newsletter! Give it a read on your lunch or with your morning coffee! Keep your eyes peeled for the next issue.



# OUR FAVOURITE BEFORE & AFTERS



Every month we will show you our favourite before & after photos of some incredible smile transformations.

This month's is an upper & lower transformation that took our dentist and patient around 18 months to achieve using fixed brace and clear aligners.

It's common for our dentists to use fixed braces and then clear aligners to give you the perfect smile. Fixed braces do all the heavy lifting as we like to say, they make the largest adjustments to your teeth and clear aligners make the small movements that give you the natural looking smile!

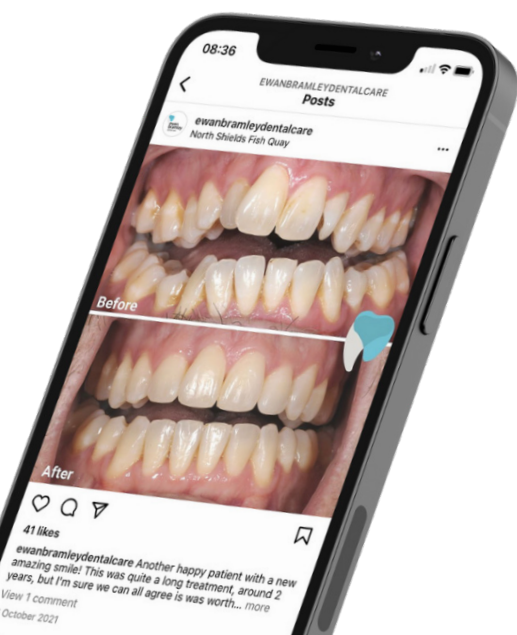


## A wedding ready smile!

This patient wanted a nice confident smile for her wedding day, with 18 months of upper and lower fixed braces we did it!

To maintain her new smile, she has joined our Smile for Life dental plan where she has hygiene appointments, check ups with the dentist and free repairs to any damaged retainers. Plus, free tooth whitening kit to use at home.

*"Thank you so much! I am so happy with my new straight teeth and can't wait to smile with confidence on my wedding day!"*



## SUBMIT YOUR PHOTOS!

Want to show off your before and after photos? Too much of a good transformation to keep to yourself? Send us your smile transformations and we'll be sure to feature you in our next issue and Social Media.

If you are super proud of your new smile but still want to stay hidden, no problem, if you like we won't post your name with your photos and we can crop out your face so it's just your perfect teeth we can see. Please email them to [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com) along with a few words on your smile journey.

# WHAT'S GOING ON?

The latest news, events and food & drink on the coast.



## Take a dip in the sea with Feel Good Swim Club.

FGSC is a fun, chilled, social group that brave the seas together. Promoting and boosting mental health, in a time when we all need some exciting new experiences and social interactions.

There is no pressure to join every session, or how

long you stay in, what you look like, what you wear etc - just whatever suits YOU. This is about coming together and trying something fun with a nice chilled bunch of people. Plus there is lots of homemade goodies and hot drinks for afterwards!

If you would like more information or to find out when they are next meeting, check out their Instagram page [@feelgood\\_swimclub](https://www.instagram.com/feelgood_swimclub).



## A celebration of the North East Craft Beer scene.

Salt Market Social is hosting All Pints East, a beer festival featuring all the North East bars and breweries so make sure you head down to the Fish Quay venue 18th to 20th February.

Bars include Left Luggage Rooms, Nord Bottle Shop, Enigma Tap, Front Street Tap, Salt Market Social and pop-up Café Amsterdam.

Breweries confirmed include are Almasty, Dog and Rabbit, Errant, Flash House, Full Circle, Northern Alchemy, Out There Brewing, Two By Two and Wylam.

The event is split into 4 sessions with tickets priced at £8 (plus booking fee) per session. You also get a commemoration festival beer glass to take home.

You can book tickets on their website here.

## Local Fishmonger, Seaview Fisheries, are opening a Grill!

Seaview Fisheries are expanding! They have transformed the space next door into a new Grill which will be initially opening as a takeaway.

They will have daily specials sourced from their wet shop which has over 25 types of locally caught fish and shellfish. You can't get any fresher!

They hope to open within the next 4-6 weeks so make sure you give it a try.





## THINKING OF WHITENING YOUR TEETH? OFF THE SHELF PRODUCTS VERSUS PROFESSIONAL KITS



*There are hundreds of products out there which you can buy off the shelf, whitening toothpaste, pens, strips, all sorts! All promise a big bright smile after using them.*

With so many out there and all easily accessible, where do you even begin? There is a product for every price range but how do you know any of them work?

**Well, they don't!**

Shop bought products may give you a small difference or a quick fix to whiter teeth, but if you want a real, safe and long-term difference to the colour of your teeth, then please consider seeing a professional.

### Why do off the shelf products not work?

1. The amount of active ingredient is not enough – this is the main reason why these types of products do not work. Hydrogen peroxide or carbamide peroxide (bleaching agents) is the active ingredient that whitens your teeth and in over-the-counter dental products they are only legally allowed to have 0.1% hydrogen peroxide (or 0.3% carbamide peroxide) which is too little to have any noticeable effect.
2. There is no active ingredient – some of these products do not even contain Hydrogen peroxide or carbamide peroxide, so it's not going to whiten your teeth. If the products remove surface stains, they are normally made up of quite abrasive material that may wear the enamel away. This will give you a whiter smile in the short term but will badly damage your teeth if you keep using them. You can't grow back enamel!
3. They are unsafe – it is possible to buy whitening treatments online that have higher doses of active ingredients, however this is because they are unregulated and illegal. If the concentration is too strong, using them can cause irreparable damage to your teeth and gums. If you buy a product online that comes with a tray, this tray will not be custom made for your mouth, therefore the bleach will leak out of the tray and cause very painful blistering and sensitivity to your teeth.

### Professional tooth whitening treatments are safe and effective

Coming in to see one of our hygienists will give us a good idea of your overall oral health and help us tailor your treatment plan to you.

It could be that you need to come for regular hygiene visits where our hygienists will give your teeth a full scale & polish, we could also recommend small cosmetic changes such as composite bonding.

If you would like a professional tooth whitening kit we will take an impression of your teeth and make a custom fitted mouth tray. This will retain all the gel and be a comfortable fit in your mouth, our whitening gel is also 6% hydrogen peroxide which is for more effective than off the shelf products.

***Our tooth whitening kits start at £250, but they are FREE if you sign up to one of our monthly dental plans. Our monthly dental plans start from £10.99 per month.***

***If you would like more information visit our website or call our reception team on 0191 259 6506.***



## BUSINESS OF THE MONTH

*No28 - Newcastle's prettiest late night bar with a great atmosphere in a one of a kind venue.*



No28 bar is an award-winning late-night institution affectionately known as Newcastle city centre's finest hidden gem – but it's by no means under the radar being right in the centre of Newcastle. With a chic setting, the vibe is warm and dimly atmospheric; and you are always guaranteed the best time out in the city. So much so, they have recently received a TripAdvisor Traveller's Choice award for 2021.

Located up the hidden away staircase, tucked inside the entrance to the Grainger Market on Nelson Street; this is the perfect setting to enjoy a wide selection of drinks including cocktails, premium spirits, craft beers and a brand-new Tapas menu developed by Executive chef Chris White.

Open seven days a week until 3am for your listening pleasure with a handpicked Playlist they also turn into a boutique nightclub after 10pm on Friday & Saturday and keep it going till late with a roster of some of the best DJs in the city and now and again someone extra special (Jon Dasilva, Andy Weatherall, 808 State to name but a few in recent years).

***The best bit – It's always free entry.***



No28 is also available for parties of all sizes and guises and hosts an award-winning Bottomless Prosecco Brunch and Boozy Afternoon Tea.

Find out more on their social media.

Facebook: @no28ncl

Instagram: @no28newcastle

***We want to support you, so if you're a patient and own a business, email [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com) and we will get you in one of our issues.***



# FEATURED TREATMENT

## *Replace your teeth in just a single visit with All-on-4 Dental Implants.*

All-on-4 is a state of the art technique that allows us to replace your whole arch of teeth in a single visit, this treatment is perfect for those who have gaps in their teeth, have loose dentures or those who have previously worn dentures.

This permanent solution to missing teeth is cost effective, convenient and permanent. So, you never have to worry about the way your teeth look or what you can't eat again.

All on 4 dental implants can restore your confidence in your smile using the minimal number of tools. Just four dental titanium implants are strategically placed in the right position and at the correct angle.

In order to complete a set of All on 4 dental implants, the 4 titanium implant screws are carefully positioned into the jawbone before a bridge/overdenture is fitted. 4 abutments are also used in order to attach the dental bridge to the implants.

If you're feeling self-conscious about your smile, get in touch with the Ewan Bramley team today and let us talk you through your options. With our initial consultation there is never any pressure to choose an option you are not comfortable with. We promise to offer honest clinical advice so that you can make the choice that's right for you.

***Book a free consultation with us, contact our reception team on 0191 259 6506 or email us at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)***



## DENTAL PLANS FROM £10.99 PER MONTH

*Here at Ewan Bramley Dental Care, we pride ourselves on helping you maintain a beautiful, healthy smile.*

Our monthly plans provide you with:

- Annual health check with our dentists and an x-ray of your teeth to ensure they are in the best condition
- Hygiene appointments to help and advise you on ways to keep your smile the best it can be.
- Access to emergency appointments
- Plus, all our monthly dental plans come with a FREE tooth whitening kit worth £250!

We have 3 levels for you to choose from, all depending on how regularly you would like to see our hygienists.

Members get 10% off select treatments and also 10% off treatments at our Skin Clinic.

***For more information and to sign up, contact our reception team on [reception@ewanbramley.com](mailto:reception@ewanbramley.com) or call us 0191 259 6506.***

