

Dental Care Tips

In between visits, we still like to help our patients care for their smile by providing tips and advice to ensure you maintain your dental health.

Here's a handy guide for you to follow:

- Brush your teeth at least twice a day with fluoride toothpaste - ideally last thing at night and one other time during the day
- Try to brush your teeth for at least two minutes every time for a thorough clean
- Don't brush too hard - it could damage your gums and remove enamel from your teeth
- Clean between teeth with floss or dental tape to get rid of plaque that can't be reached with regular brushing
- Pay attention to when you eat sugar and how much - when possible try to limit sugar intake to straight after your meal

Your dentist or hygienist will provide bespoke care advice at every appointment, to ensure you receive care that is tailored to your needs.

Appointments

Mon/Tues/Thurs: 8.45 am – 4.45 pm

Weds: 8.45 am – 7.00 pm

Fri: 8.10 am – 3.30 pm

How do I register?

New patients should contact our reception to arrange an initial consultation. To join one of our plans, please call in at the practice where an agreement will be completed.

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.

Cancellations and broken appointments

If you have to cancel an appointment, please give us 24 hours' notice so that we can offer the time to someone waiting for treatment.

We may make a charge if you fail to keep or cancel an appointment with less than 24 hours' notice.

Emergency appointments

In case of an emergency during practice hours, please contact the practice immediately. We will always endeavour to assess and, if necessary, treat a patient in pain on the same day.

If you require emergency advice outside surgery hours, please telephone the practice where you will hear a message explaining how you can contact us.

Access

We have wheelchair access. Please contact us before your appointment to allow front door access to the practice.



Church Street Dental Surgery

Dental Surgeon
Dr Kim Griffin BDS (Newcastle)

Associate
Dr Anuva Mandal
BDS (UMDS London)

Dental Hygienists
Sarah Barry RDH (London)
Marion Houlston RDH

Church Street Dental Surgery
Ashcroft Court 19 - 21 Church Street
Saffron Walden CB10 1JW
Tel/Fax: 01799 528555
www.churchstreetdentalsurgery.com



Tel: 01799 528555



About the practice

Whether you are a new or existing patient, we would like to thank you for choosing our practice. Dentists, hygienists, nurses and receptionists work as one team to create a friendly, relaxed, informal atmosphere in modern surgeries equipped to the highest clinical standards. We encourage preventive techniques – helping you to understand how to maintain the health of your mouth. We will always discuss treatment options and pricing with you.

Treatments available

- Check-up plus examination of soft tissue.
- X-rays where necessary.
- Preventive/hygiene procedures.
- Restorative work including root canal treatment, mercury-free fillings, crowns, bridges and dentures.
- Cosmetic treatments including tooth whitening, veneers and all porcelain crowns.
- Orthodontic (Invisalign®) and other necessary referrals.
- Anti-snoring devices.
- Sports and night guards.
- Implants.
- Extractions including wisdom teeth.

Children's dentistry

We like children to have their first check-up in the year that they start primary school. Before this, we encourage informal visits with older siblings and parents.

We encourage family groups. Children up to 18 years old must attend twice a year to closely monitor their developing dentition.

We provide orthodontic referrals when necessary. Children can also benefit from visits to our hygienist.

Payment

For new patients, an initial consultation fee is payable on your first visit. We then offer the following options:

- **Dental plan membership**
Provides for routine check-ups, hygiene appointments and x-rays. It also covers emergencies and entitles you to a generous discount on our normal fees and eligibility to request assistance from the Worldwide Dental Emergency Assistance Scheme*
- **Pay-as-you-go on a fee-per-item basis**
A price list is available at the practice or you can refer to our website.

Church Street Dental Plan £16.97 per month

We want to reward and look after our loyal patients. If you become a member of our practice you can make great savings on dental treatment and have the added comfort that you are insured in the event of a dental accident or emergency. Just look at what you can gain from becoming a member!

Appointments**

Every six months, our members are entitled to:

- A dental appointment, including a clinical examination, checks for signs of oral cancer and routine x-rays
- A hygiene appointment to provide a full clean of the teeth and gums and advice on how to keep your mouth healthy.

Discounts***

- 20% discount on any laboratory-based treatments required, i.e. crowns, bridges and dentures (excluding implant treatment).
- 20% discount on any fillings.
- 20% discount on many other treatments (extractions, etc).
- 20% discount on a single additional hygiene visit per year.

Worldwide Dental Emergency Assistance Scheme*

- Eligibility to request assistance following a dental trauma and/or dental emergency or oral cancer.

And there's more...

- Treatment 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
- Twelve months' guarantee on all restorative work.

Church Street Preventive Plan £24.53 per month

For those patients who would like more regular and extended access to dental care, we have our Church Street Preventive Plan. This includes all the membership benefits of the Church Street Dental Plan but your loyalty benefits are extended so that you will be eligible for a hygiene appointment after three consecutive monthly payments, therefore entitling you to up to four hygiene visits a year.

Church Street Basic Plan £9.60 per month

For those patients who enjoy exceptional dental health and do not require hygiene appointments. This membership is at the discretion of the dentist.

Optional Children's Plan £5.69 per month

Our Children's Plan covers the following:

- Regular check-ups per year
- Insurance cover for emergency callouts at weekends
- Cover for accidental damage
- Cover for seeing a dentist whilst away from home
- Discounts on treatment costs.

Alternatively, parents can pay-as-they-go for their children's dental treatment.

* The Worldwide Dental Emergency Assistance Scheme is a scheme established to offer support and assistance to dental plan patients who request treatment following a dental trauma and/or dental emergency or oral cancer. The Scheme responds to requests for assistance on a wholly discretionary basis. This means that, whilst the Scheme aims to provide benefits in most cases, it has no obligation to provide any benefit unless it first decides (in its sole and absolute discretion) that it should provide a benefit. There are some circumstances in which the Scheme is not designed to help and these are explained in more detail in the Scheme Handbook. Each request will be looked at individually to assess the request for benefit. Certain restrictions and limitations may apply in the event that the request is accepted and it is possible that the Scheme will decide to provide no benefit.

** Subject to receipt of six consecutive monthly payments.

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