



**BARKER DENTAL CARE**

**Beautiful Healthy Smiles**



# Practice News

**Autumn/Winter Issue 2014**

## A Younger Looking You

As we age, our skin naturally loses its elasticity and volume. Facial aesthetic treatments are available which can smooth unwanted lines and wrinkles and can add back volume to facial features. When provided by a trained professional, wrinkle reduction treatments and dermal fillers can create a more relaxed, more youthful looking appearance. At the practice we now offer both treatments and utilise two of the market leading products, Azzalure Botulinum Toxin and Restylane Dermal Fillers. Tim and Chris have both trained with a world renowned expert in the field of facial aesthetics, Bob Khana, who is himself a dentist. With their extensive knowledge of facial anatomy and expertise at giving facial injections, dentists are in an ideal position to provide facial aesthetic treatments. This also means that at the practice we can provide a well-rounded service for our patients who not only want to improve their smile but who also want to enhance their external facial features as well. The wrinkle reducing botulinum toxin works by relaxing the facial muscles that produce frown lines, crows feet, drooping eyebrows, and laughter lines. This product is not only used for facial aesthetic treatments but is also routinely used in the medical field for a variety of illnesses/complaints. The anti-wrinkle injections are quick and relatively painless and typically take 7-14 days to take full effect lasting 3 to 4 months initially. Restylane is a temporary dermal filler which is made from a substance naturally occurring in the body. The results are instantaneous and produce a natural enhancement for the treatment of facial lines, deeper wrinkles, facial contour shaping, and lip augmentation. To maintain the effects, dermal filler treatments generally need to be repeated every 6 to 9 months. Both of these facial aesthetic treatments have been used for many years and have been found to be safe and effective. The use of anti-wrinkle injections and dermal fillers can not only enhance external beauty but also have the added benefit of increasing self-confidence and the ease with which we relate to others when we feel good about how we look. If you are interested in facial aesthetic treatments, please speak to your dentist or to the reception team for more information.

## Opening Times

Monday:	8:30-12:30	2:00-5:30
Tuesday:	8:30-12:30	2:00-5:30
Wednesday:	8:30-12:30	2:00-5:30
Thursday:	8:30-12:30	2:00-5:30
Friday:	8:30-12:30	2:00-5:30

**For out-of hours emergency appointments, please ring the practice for further information.**

## New Team Members

We would like to extend a warm welcome our new team members: Andrea who began working with us on reception in May; Kathryn who is now nursing for Chris Leech; and Jacqui who is working as our hygienist on Thursdays starting in October. Be sure to say hello to our new team members at your next appointment with us.



## Who's Who At Barker Dental Care

Fiona Bevis is the second longest serving staff member at Barker Dental Care. Fiona began working at the practice in 1997 after moving to the area from Devizes in Wiltshire. You can typically find Fiona on the reception desk to greet you when you come in for your appointment, but she is also a qualified dental nurse who works in the surgery with all 3 of our dentists when the need arises. Fiona married her husband, Chris, in 2012 and has a 22 year old son, Scott. When she is not working, Fiona enjoys amateur opera, gardening, and cooking. Fiona is a great team member, and we hope that she will continue to work at the practice for many years to come.

**Fiona Then**



**Fiona Now**



**Now Available In  
Our Waiting Room.**

**Website: [www.barkerdentalcare.co.uk](http://www.barkerdentalcare.co.uk) Telephone: 01489 572308**

## What Our Patients Say...

"The whole team went above and beyond to make me feel welcome and cared for."

"Thank you and your staff for the excellent service and treatment...the final results are outstanding!"

"I have been so impressed with the professionalism and strong commitment to a patient centred approach with good communication at its core. Everyone is caring, professional, and efficient. I can wholeheartedly recommend Barker Dental Care."

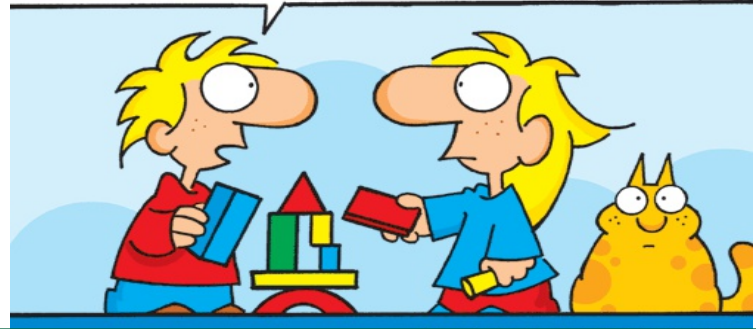
If you have been happy with our service and would like to add your testimonial to our book and website, we would love to hear from you. See the other wonderful comments from our patients on our website.

## Invest In Your Smile 0% Finance Available Get the Smile You Desire...

\*Subject to terms and conditions



DADDY WENT TO THE DENTIST TO GET A CROWN. DO YOU THINK WE'LL HAVE TO START CALLING HIM "YOUR HIGHNESS" ?



## Are You Clenching or Grinding Your Teeth?



Up to 70% of Bruxism is triggered by stress

The stresses and strains of modern life are one of the leading causes of bruxism (tooth grinding). Tooth clenching/grinding occurs most often while you sleep and you may not even be aware that you are doing it. However, tooth clenching/grinding can have significant effects on the health of your teeth and on your overall well-being. It can lead to cracked teeth, chipped teeth, headaches, jaw pain, earache, sleep disruption, gum inflammation and/or recession, and is also a significant factor in tooth wear. Tooth grinding causes damage to the structure of the tooth which can lead to faster decay, can destroy the shape of the mouth making faces appear visibly shorter, and in some cases can lead to the loss of a tooth if severe cracking or breakage occurs. Tooth clenching/grinding can be prevented through the use of a bite appliance and the damage caused by tooth grinding can often be helped with a variety of dental treatments. If you experience any of the symptoms mentioned above or have any concerns regarding tooth clenching/grinding or its effects on your teeth, our experienced dentists will be able to help you.

## Like Us On Facebook For Your Chance To Win



Visit our Facebook page [www.facebook.com/BarkerDentalCare](http://www.facebook.com/BarkerDentalCare) for news, offers, and discounts! Enter now for your chance to win a brand new Oral-B 5000 Trizone Toothbrush by liking us and commenting on our competition post. We are hoping to reach 250 likes and comments before drawing for a winner.



## Looking For A Straighter Smile?

Then visit us for a free consultation. We offer Invisalign, Fastbraces, and Inman Aligner orthodontics. At this free consultation, you can chat with the dentist about which treatment method would work best for you. Fastbraces technology uses a revolutionary patented bracket system which moves both the crown and the root of the tooth simultaneously resulting in typical treatment times of 3-12 months. Tooth coloured braces are available which mean that you can still smile with confidence even while having your teeth straightened.



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