

The High Street Dental Practice NEWSLETTER

★ IT'S THE MOST ★
Wonderful ★ TIME OF THE ★
year ★



Christmas Hamper Raffle

Win our Luxury Hamper Raffle sourced by Market Square

To support Operation Smile

Operation Smile is dedicated to improving the lives of children with cleft conditions, through access to safe, free surgery and comprehensive cleft care.

£2 per ticket

or

£8 for 5

The winner will be announced Friday 19th December
at 1pm

Good Luck!

Introducing GBT

Guided Biofilm Therapy



We have recently invested in new equipment for hygiene your appointments.

What is GBT – Guided Biofilm Therapy?

At High Street Dental Practice, we are committed to using the latest technologies to offer you safe, comfortable and highly effective dental hygiene care. Guided Biofilm Therapy (GBT), developed by EMS. GBT is a systematic, evidence-based approach to removing biofilm (the sticky bacterial film) from your teeth, gums, implants and restorations.

Why is GBT different from conventional cleaning?

- With GBT, we first make the biofilm visible by using a special disclosing solution. This helps us target precisely where the biofilm is.
- We then use advanced airflow technologies (gentle air-polishing powders) and, if needed, an instrument to remove biofilm and young calculus in a minimally invasive way.
- The treatment is designed to be comfortable, efficient and safe for teeth, gums, implants and restorations — reducing the need for more invasive hand or ultrasonic instruments.

What are the benefits?

- Gentler treatment, more comfort: Because GBT reduces the need for hand-scraping and uses gentler technology, many patients report a more comfortable experience.
- Better cleaning, better results: The protocol ensures a full removal of biofilm; this translates into better prevention of gum disease, peri-implantitis, caries and other oral health issues.
- Suitable for all ages: GBT can be adapted for children, teenagers and adults, and for those with implants or orthodontic appliances.
- Supporting long-term oral health: By working with you to reveal and remove biofilm, and by motivating improved home-care habits, GBT supports ongoing health rather than one-off treatment.

What to expect during in a GBT hygiene appointment

1. We will assess your gums, teeth, implants and home-care routine.
2. A disclosing agent will be applied to show where biofilm is present.
3. Using airflow tools, we will gently remove biofilm and light calculus.
4. If there is any heavier calculus, the ultrasonic instrument may be used.
5. We'll review your home-care habits and suggest any improvements to keep your mouth healthy between visits.
6. We'll set up a recall plan for you — regular GBT visits help maintain the results.

Is it safe? Are there any risks?

Yes — GBT is designed to be minimally invasive and safe. EMS describe it as “safe, effective and gentle to teeth, soft tissues and implants”. As with any dental procedure, there can be minor sensitivity afterwards, but because the treatment is gentler, patients often experience less discomfort than with traditional deep-cleaning methods.

Is it suitable if I have implants or orthodontic work?

Yes. The GBT protocol and associated technologies are fully compatible with implants, restorations and orthodontic appliances. They are effective and gentle in these situations.

How often should I have a GBT visit?

This depends on your individual oral-health risk: your gum status, presence of implants, history of periodontal disease, home-care routine and other factors. We will discuss a suitable recall interval with you, to maintain optimal results.

What does this mean for you as a patient of High Street Dental Practice?

By choosing GBT, we are investing in your comfort, oral-health outcomes and the long-term wellbeing of your smile. We believe you'll notice the difference in how your cleaning session feels, and in how you feel afterwards. Regular GBT sessions help us stay ahead of issues rather than simply reacting to them.

If you have questions...

Please ask one of our hygienists or dentists — we'll be happy to explain the technology and how it applies to your situation.

We look forward to helping you maintain a healthy, confident smile.



Happy Birthday Maggie!



At work you're the captain who steers us each day,
With wisdom and calm that lights up the way.
But today is your moment—so here's our hooray!
May joy lead the charge, not the to-dos on your tray.

With Bella beside you for walks full of cheer,
You give so much to others throughout every year—
So may this birthday bring rest you've long earned,
And remind you it's finally your moment to come first.

Happy Birthday!

Our October **Clear Aligner** Open Event

Our Open Events are always a really fun day for the team. We love being able to offer you great deals, have a chat over a cup of tea or prosecco, and of course, enjoy our favourite snack – cake!

In October, we held an event focused on Clear Aligners with our Dentist Sam. It was a fantastic opportunity not only to share some great savings, but also to highlight the treatments we offer alongside general dentistry. We also received wonderful feedback from you, which is so important to us.



CHRISTMAS

opening hours

Monday	22nd Dec	8AM - 5.15PM
Tuesday	23rd Dec	8AM - 5.15PM
Christmas Eve	24th Dec	8AM - 1PM
★ Christmas Day	25th Dec	CLOSED
Boxing Day	26th Dec	CLOSED
Saturday	27th Dec	CLOSED
Sunday	28th Dec	CLOSED
Monday	29th Dec	8AM - 5.15PM
Tuesday	30th Dec	8AM - 5.15PM
★ New Year's Eve	31st Dec	8AM - 1PM
New Year's Day	1st Jan	CLOSED
Friday	2nd Jan	8AM - 5.15PM

EMERGENCY OUT OF HOURS NUMBER

07826 000465

This number will connect you to our Practice Manager or Lead Nurse who can contact your Dentist for advice and triage the need for a face-to-face appointment.

Tis the Season!

Our classic purple Christmas Decs are up and this year we thought it was only right to grant the privilege of the star placement to our very own Christmas Day Baby - Yasmine



Radio Ga Ga

We get lots of comments about the radio station in our waiting room.

Classic FM has been our trusty companion for years—some of you love it... and some of you *definitely don't*. So, we'd love to hear what you think.

We understand that it may not be possible to please everyone, but we will do our best to create a comfortable environment for all.

Which station would you enjoy most while you wait?

1. Keep our classic – Classic FM
2. Go smoother and softer – Smooth FM
3. A bit of everything – Greatest Hits



Thank you for helping us improve your experience.

WORD OF THE MONTH

