

5 Dental launches it's Children's Clinic



At our 5 Star Children's Clinic we are very proud to have Dr Kirsten Simpson BDS looking after our younger patients. When Kirsten isn't working hard as a dental surgeon at 5 Dental she is busy as a specialty doctor in paediatric dentistry at **Great Ormond Street Hospital**.

Maternity leave



Naomi worked right up until shortly before her due date, when she understandably needed to step back a little earlier than planned. Thankfully, Harry was able to offer some additional support during this time, helping us maintain good appointment availability for our patients.



What's been happening at 5 Dental

Welcome Jaz

Welcome Jasmy to the 5 Dental Jaz team! Although new to dental nursing, Jaz brings enthusiasm, a fresh perspective, and a positive attitude to the team. We're delighted to have her on board.

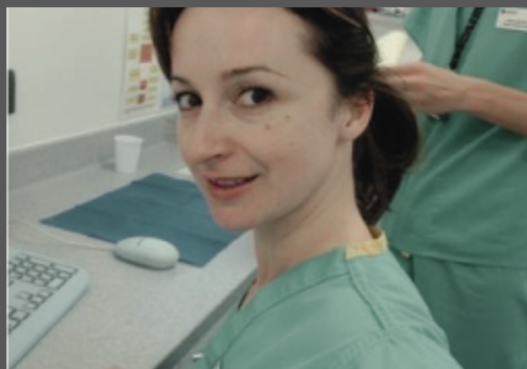
Complimentary Treatment

Each month, one lucky patient will receive a complimentary treatment from a curated selection. The winner can choose from options such as a massage, spray tan, waxing, or lash lift and tint. Entries reset monthly, giving everyone a new chance to win. Please contact reception for more information.

Random Acts of Kindness Day was a lovely moment at 5 Dental. Patients visiting the practice were treated to daffodils to brighten their day, something our team enjoyed sharing just as much.



Say 'Hello' to our new Hygienist Alla.



We're pleased to welcome Alla to the team as our hygienist on Fridays.

Alla has a gentle and reassuring approach and is passionate about helping patients maintain healthy smiles through preventative care and personalised oral hygiene advice.

She enjoys getting to know her patients and making sure every visit is comfortable and informative.

The addition of Friday hygiene appointments means we're able to offer more convenient booking options for our patients.



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NEWS AT 5 SKIN



Watch this space...

Our Beauty Room is Getting a Makeover!

Exciting changes are happening at 5 Dental! Our beauty room is being refreshed to create an even better experience for our clients. We can't wait to share the new look with you soon. Watch this space, you won't want to miss it.



Cryotherapy available @ 5 Skin

Cryotherapy is a non-surgical treatment used to safely and effectively remove or treat a variety of benign skin lesions. It is a quick procedure with minimal discomfort and little to no downtime.

How Cryotherapy Works

A controlled application of extreme cold is used to freeze and destroy unwanted tissue. Over time, the treated area naturally heals while the surrounding healthy skin remains unaffected.

Discover Polynucleotides

The Next Level in Skin Rejuvenation

Polynucleotides are biocompatible molecules derived from purified DNA fragments, typically sourced from salmon or trout. They stimulate the skin's natural repair processes by activating fibroblasts, boosting collagen and elastin production, and improving hydration and elasticity from within.

Results appear gradually, creating natural, healthy-looking skin. Ideal for delicate areas such as the under-eyes, neck, and décolletage, polynucleotides help restore tone and texture with little to no downtime.

At 5 Skin, we combine advanced treatments such as Botox, Proffilo, SkinPen Microneedling, Hydrafacial, Murad skincare, lash and brow treatments, spray tans, waxing, and massage to help you look and feel your best.



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5 Royal Parade, Hindhead

Why Your Gums Deserve the Spotlight



Good Oral Health = Better Overall Health

Most people focus on gut health, but your gums play an equally important role in your overall wellness. Gum disease isn't just a dental issue; studies show it can increase the risk of heart disease, diabetes complications, and even respiratory problems.

Tips for Healthy Gums:

- Brush twice a day with a soft-bristled toothbrush.
- Floss daily to remove plaque between teeth.
- Schedule regular dental check-ups and cleanings.
- Eat a balanced diet rich in vitamins C and D for gum strength.

Gum disease affects nearly 50% of adults over 30. Early detection can prevent tooth loss and lower systemic health risks.

Book your gum check-up today, because a healthy smile is a healthy you.



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5 Royal Parade, Hindhead



Invest in Your Smile Without Breaking the Bank

Dental Care That Fits Your Budget
Especially in Retirement

WHAT'S COVERED ?

We have a membership plan for everyone, whether you need to see us once, twice or three times per year to maintain your oral health. Our clinicians will advise on which plan is best suited to you.

Early detection of cavities or gum disease can save hundreds, or even thousands, of pounds down the road.

Entering retirement means more time to enjoy life, but also more responsibility for healthcare costs. Dental expenses can add up quickly, especially for preventive care, fillings, or crowns.



Most dental plans cover the basics, but we go a step further. Even if a treatment isn't fully covered, we offer flexible payment plans, so you can get the care you need without stress.

Why Our Dental Plan Makes Sense:

- **Save on routine care:** Regular check-ups and cleanings are often fully or partially covered.
- **Protect against unexpected costs:** Fillings, crowns, and other procedures are included at reduced rates.
- **Flexible payment options:** Major procedures are manageable with our payment plans.
- **Prioritise prevention:** Staying on top of oral health reduces the chance of costly treatments later.

Sign up for our dental plan today and enjoy peace of mind, because your golden years deserve a golden smile.



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