



LARS CHRISTENSEN ORTHODONTICS

Xmas Newsletter 2018

Christmas Treats

We all look forward to the extra treats Christmas has to offer but just a gentle reminder that whilst wearing braces you should avoid the following sweet treats as these can break or damage your braces. Likewise fizzy drinks/fruit juices should be avoided, especially between meals, to prevent caries.

Avoid:

- Toffees
- Hard gums
- Fizzy drinks/fruit juice

We appreciate it's difficult to avoid all the goodies and if you are tempted, choosing chocolate over anything sticky/hard, is better for your teeth.

As a reminder, fresh vegetables, crunchy fruits, crusty bread and other such hard foods should be cut into small pieces and chewed gently between the back teeth.

Also, avoid snacking all day, rather eat in one go and then rinse your mouth with water – wait 30 minutes and then brush teeth to avoid harming enamel.

We don't want to be spoil sports – we would just like to prevent delaying your treatment or undoing all the good progress you've made so far....

That beautiful smile will all be worth it!

If you do come unstuck over Christmas, check out our Christmas Opening Hours. Outside of office hours, please leave a message on our answerphone. This will be checked at 12.00 pm and 3.00 pm daily.

Christmas Opening Hours Orthodontic Clinics

17 – 19 December – Normal hours

20 December – Close at 1.30pm

21 December – Normal hours

22 December – 9.00 to 2.30 pm

23 to 26 December – Closed

27 December – Normal hours

28 December – Normal hours

29 December - Closed

30 December – Closed

31 December – Closed

1 January - Closed

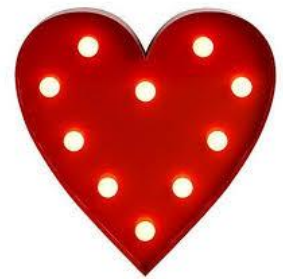
A Celebration of Christmas

Lars Christensen Orthodontics is delighted to support the 'Celebration of Christmas' fund-raising event that Macmillan Cancer Support are holding at Christ Church, Oxford on;

Friday 7 December – 8.00 pm

Please visit Christ Church Cathedral website for further details.

CPR Training/Defibrillator



Here at the practice we aim to provide a safe and comfortable environment for all our patients and visitors. We invite external qualified trainers to keep the team up to date with Fire Awareness, CPR Training and our designated First Aiders attend local St John's Courses.

You'll be reassured to learn that we also have a defibrillator on site and our next CPR Training is scheduled for December.

Season's Greetings

May we take this opportunity to wish all our patients every blessing over this festive period.

From Lars, Anna, Gurprit and all the team at;

