



# Castle Park Dental Care Newsletter

October 2024



CASTLE PARK  
**DENTAL CARE**

*Here's to making a difference*

## IMPLANT OPEN EVENT

Join us for our Implant Open Event and take advantage of exclusive offers! Dr. Ilay Maden & Dr. Ozge Maden, the skilled professionals behind our dental implant treatments at Castle Park Dental Care.

**1st - 31st October 2024**



**Full Case Assessment for £96 (Originally £286)**



**FREE hygiene appointment when signing up for Implant treatment**



**FREE Goody Bag**

**Book Your Appointment Today**

 01482 770597

 [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)



\*T&C's Apply, see the registration page for details



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## Halloween Treats

It's okay to enjoy sweets in moderation, but don't let them become a habit.

Keep Halloween treats as a special occasion and balance them with healthy food choices.

By following these tips, you can indulge in Halloween sweets while keeping your teeth safe and healthy.



## Choose Sweets Wisely

1. Avoid sticky and chewy sweets like caramels, toffees, or gummies, which can cling to teeth for long periods. These are harder to remove and increase the risk of decay. Opt for chocolate instead of hard or sticky sweets. Chocolate washes off the teeth more easily and doesn't stick around as long as other sugary treats. Limit sour sweets, as they can be highly acidic, eroding enamel.
2. Enjoy sweets right after meals rather than snacking throughout the day. During meals, saliva production increases, helping wash away food particles and neutralize acids.
3. Rinse your mouth with water after indulging in sweets to help wash away sugar and acid left on your teeth.
4. Brush your teeth about 30 minutes after eating sweets, especially if they're sticky or acidic. This helps remove any lingering sugar and acids from the surface of your teeth. If you can't brush, at least rinse your mouth with water or chew sugar-free gum to increase saliva production and neutralize acids.
6. Limit sugary or acidic drinks like fizzy drinks, fruit juices, and sports drinks, as they can contribute to tooth decay, especially when paired with sweets. Stick to water or milk instead.
7. Avoid consuming sweets before bedtime, as saliva production decreases at night, making it easier for bacteria and acids to cause damage to your teeth while you sleep.
8. Make sure to schedule routine check-ups, especially after Halloween, to catch any issues early and get advice on maintaining good oral health.

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