

AUGUST 2023



Transforming Smiles: How Braces Can Positively Impact Kids' Dental Health

A bright, confident smile is a universal symbol of happiness and self-assuredness. For kids with misaligned teeth, achieving that radiant grin might seem like a distant dream. However, modern orthodontic advancements, particularly braces, have revolutionized the way we correct dental misalignments. Beyond cosmetic benefits, braces play a crucial role in improving kids' oral health and overall well-being.

The **aesthetic benefits** of braces are perhaps the most obvious. A smile that showcases beautifully aligned teeth can significantly enhance a child's self-esteem. Adolescence is a critical period for self-discovery and forming personal identity. Having straight teeth can help kids feel more comfortable in their own skin, leading to improved social interactions and increased confidence in various aspects of their lives.

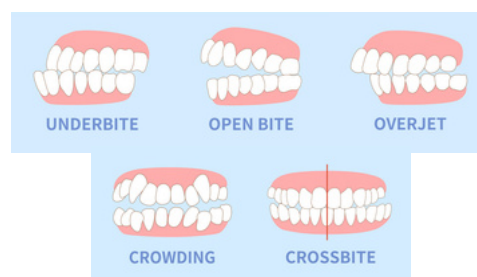
While aesthetics are important, the **health benefits** of braces should not be underestimated. Misaligned teeth can create pockets of space that are difficult to clean properly, thus increasing the risk of plaque buildup, cavities, and gum disease. When teeth are properly aligned, brushing and flossing become more effective, reducing the chances of dental issues that could arise in the future.

Dental misalignments can sometimes lead to speech impediments or difficulties in pronouncing certain sounds. Braces can help align teeth and jaws, **improving speech clarity and communication skills.**

Modern orthodontics offers a variety of braces to suit different needs and preferences. Traditional metal braces, clear ceramic braces, and even invisible aligners provide **options that cater to kids' comfort and lifestyle.** Orthodontists recommend that kids get assessed from the age of seven to see if early intervention can reduce or eliminate the need for braces later on.

Braces have transformed from mere dental appliances to confidence-boosting, health-enhancing tools that can significantly impact kids' lives. If your child requires orthodontic intervention, consulting an experienced orthodontist can pave the way for a future brimming with beautiful smiles and overall well-being. Remember, investing in your child's oral health today is an investment in their future happiness and success.

What can braces fix? If you notice that your kid has any sort of teeth misalignment, book them in for an assessment by an Orthodontist:



[Book An Orthodontic Consultation](#)



Meet

DR. RONAK SHAMS

ORTHODONTIC SPECIALIST

Meet Dr. Ronak Shams, our in house Orthodontist! Ronak has 15 years experience in helping kids overcome issues with crooked teeth.

Ronak addresses the needs of each patient individually and ensures you have all the information to make a well-informed decision.

Her goal is to provide each patient with the most appropriate treatment at the most appropriate time to ensure the best results are achieved.

[Read More Online](#)

Refer a
FRIEND

If you refer a friend to the practice who books in for an exam and hygiene, let us say thank you with a £25 gift voucher from **Selfridges, Amazon** or **Space NK.**

Just tell your friend to let us know you referred them and we'll get in touch to ask for your choice of voucher.

Hear From Our Lovely Patients...

Feedback from our patients allows us to learn and continuously improve. It makes our jobs all the more satisfying when we hear lovely words from you!

Arunas Jusky's
8 reviews



I have been visiting this Dental surgery for over a year, having teeth straightening. I have to say all team is amazing. Dr David Thissera is incredible and the nurse Cosmina is fantastic, such a good banter between them, they both make me laugh every time I come for my appointment. Receptionist Uma is so lovely and caring. Don - he is so lovely too. Director Sanji recognises me by name. All team look after me and I feel so welcome every time I come to the practice. I feel like home. Thank you!!! Amazing team! Highly recommended!

Jonathan Sauvé
18 reviews · 10 photos



I very much recommend this practice! Communication and booking of appointment is quick and easy, Maya and team are friendly and efficient, and the whole staff is pleasant and friendly.



Why You Need To Ask For Airflow At Your Next Hygiene Visit

When it comes to maintaining good oral health, regular dental hygiene visits are a cornerstone. These visits not only provide a deep cleaning for your teeth and gums but also offer the opportunity for preventive measures that can save you from potential dental woes in the future. One such advancement in dental care that has gained significant attention is the AirFlow treatment, a powerful and efficient method of cleaning teeth. Let us delve into why you should consider getting AirFlow done during your hygiene visit.

AirFlow is a modern dental technology that has revolutionized the way dental cleanings are performed. It involves a combination of air, water, and a specially formulated powder that effectively removes stubborn stains, plaque, and debris from teeth surfaces. This treatment is highly effective in reaching areas that traditional scaling and polishing might miss, providing a comprehensive and thorough cleaning experience.

One of the primary reasons to opt for AirFlow during your hygiene visit is its gentle yet powerful cleaning action. The treatment uses a controlled stream of air, water, and powder to remove stains and plaque without causing damage to the enamel or the gums. The fine particles in the powder are safe and effective at dislodging even the most stubborn stains, resulting in a brighter and cleaner smile.

Stubborn dental stains from sources like coffee, tea, wine, and tobacco can be quite resistant to regular brushing and flossing. AirFlow treatment, however, can tackle these stains effectively, leaving your teeth noticeably whiter and brighter. This aesthetic improvement can boost your confidence and make you proud to show off your smile.



The benefits of AirFlow go beyond aesthetics. By removing plaque, tartar, and debris from your teeth and gumline, this treatment contributes to better oral health. Plaque and tartar buildup can lead to gum disease and cavities if left untreated. AirFlow helps prevent these issues, reducing the risk of more complex dental problems down the road.

AirFlow treatment is versatile and suitable for a wide range of patients. Whether you have braces, dental restorations, or sensitive teeth, AirFlow can be tailored to your specific needs, providing a thorough and effective cleaning without causing harm to any dental work you may have.

Incorporating AirFlow treatment into your regular dental hygiene visit can elevate your oral care routine to new heights. The gentle yet powerful cleaning, stain removal benefits, and overall improvement in oral health make AirFlow a worthy consideration. As you prioritize your well-being, don't overlook the importance of maintaining excellent oral health - your smile will thank you.

[Book Now](#)

Ask for AirFlow

**HYGIENE
DAYS @
AURA**

**Tuesdays
Fridays
Saturdays**

Making Your Life Easier with Online Booking

Booking your appointments online allows you to do so at your own convenience, quickly and easily.

There's no need to register to use the portal. If you have been to see us before, you will be able to login using a combination your name, date of birth and/or your phone number to authenticate your access.

Once in:

1. Select the type of appointment you want to book
2. Pick an available date and time
3. Pay your appointment deposit

and that's it...it won't take you more than 3-4 minutes!

Our usual cancellation policy applies, so if you need to cancel you can do so online or just give a call in your prefer (with 48 hrs notice).

[Click here to access the patient portal.](#) For existing patient, log in using your phone number and password (if it's the first time logging in, you'll be prompted to choose a password). A verification code will be sent to the mobile phone we have on file for you for security purposes. If you have any issues, just give us a call at the practice.

What do you need?

Dental checkup →

A checkup to screen for common problems

✔ Your dental checkup is due in December 2023. Your dentist (Iverson Bangalore) recommends a dental checkup every 6 months.

Hygienist →

Classic clean or advanced stain removal

✔ Your hygiene appointment is due in September 2023. Your hygienist recommends a hygiene appointment every 3 months.

Consultation →

Orthodontic and implant appointments

Something else

Can't see the appointment you need? Contact us on +64 (0)20 7222 0060 to discuss your options.

Hygienist

✔ Your hygiene appointment is due in September 2023. Your hygienist recommends a hygiene appointment every 3 months.

Regular Hygiene

45mins

Regular Hygiene

£110.00

Something else

Select & continue →

Choose a date & time

Showing availability for Regular Hygiene with Nicolo Johns - Search any practitioner

Fri 15 September

09:00 09:45 17:00 17:15

Get in earlier - view all appointments

No availability

Get in later - view all appointments

No availability

Tue 19 September

19:20 19:30 18:00 17:15

Get in earlier - view all appointments

No availability

Get in later - view all appointments

No availability

Fri 22 September

09:45 12:15 18:00 17:15

Get in earlier - view all appointments

No availability

Get in later - view all appointments

No availability

Friday 15th Sep 2023

09:00

Dental Hygiene (45 mins)

Nicolo Johns

Hygienist

Aura Dental

Aura Centre, Charlbert Street, St Johns Wood, NW8 7BT

£110.00

Select

The Aura Team

We are delighted to welcome new three faces to the Aura Dental team over the past month.

The next time you visit us, you're likely to be greeted by Ana Kquiku at reception. Ana will also help you to manage your appointments and answer any questions about your treatment.

We also welcome Husnia Yusufi as a trainee dental nurse. She will be assisting the dentists and nurses with your treatments and from time to time you may see her helping out the reception team.

A new addition to the dental team is Rihanna Monhindru as a general dentist with special interest in cosmetic dentistry. Rihanna is at Aura on Monday's, so if you are looking to get your check ups out of the way early in the week, book yourself in with her!

To find out more about our new friends or the rest of the team on our website.

[Click Here](#) to meet the team.

See You Next Month!