

LIGHTHOUSE DENTAL PRACTICE

Together We Can Smile

Welcome to the Summer edition of the Lighthouse Dental Practice patient newsletter.

Providing our patients with an outstanding service and experience is paramount to us, and we want to ensure that you are always kept in the loop with any updates to our team and services.

STAY CONNECTED!



Click on each individual logo to take you directly to our social platforms

WHAT'S NEW?

Practice Updates

A warm welcome to our new team members!

Summer Halfhide

Dental Therapist

Summer started her career in dentistry in 2012 as a Dental Nurse and specialised in implantology and sedation. Summer has always had a keen interest in preventative dentistry which led her to further her education and qualified from the University of Portsmouth in 2022 as a dental hygienist and therapist. Summer is excited to further develop and progress in her career and strives to provide individualised care placing patients' best interests at the forefront of all decisions.



Jasmine Orriss

Receptionist

Jasmine is a dedicated receptionist with a passion for providing exceptional customer service. With several years of experience as a Dental Receptionist, Jasmine's main focus has always been to ensure that patients feel welcomed and comfortable throughout their visit at the practice.

Jasmine is excited for her future at Lighthouse Dental Practice and contributing to our great reputation by always offering exceptional levels of patient care.

Jasmine also offers beauty services at Lighthouse Dental Practice including event makeup, waxing, and tinting. She has also recently started a course in individual eyelash application, and is looking forward to being able to offer this extended service at the practice.



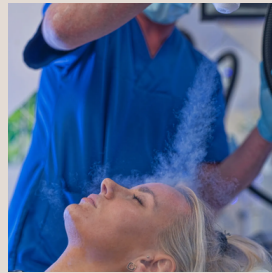


New Services

LIGHTHOUSE WELL BEING CLINIC

X

CRYOTHERAPY &
ULTRASOUND SERVICES



Our team is delighted to announce that we are now offering Cryotherapy and diagnostic ultrasound services with Mr Tom Tokarek and Mr Neil Liffen.

Neil is an Extended Scope Practitioner in Physiotherapy and a Diagnostic Musculoskeletal Sonographer with more than 15 years' experience working within the NHS and private practice settings. Neil's qualifications include a degree Chartered Physiotherapy (BSc) and a degree in Sport and Exercise Science (BSc) and masters in Diagnostic Musculoskeletal ultrasound (MSc). Neil is in a unique position to clinically examine the patient perform diagnostic ultrasound to confirm diagnosis, perform ultrasound guided intervention and prescribe all in the same clinic.

Neils services include:

- Diagnostic musculoskeletal ultrasound
- Cortisone injections
- Hyaluronic acid injections

Tom has worked in private healthcare for over 18 years, providing case management to patients with traumatic brain injury and spinal injuries. Tom's qualifications include a degree in Public Health and Medical Rescue. Since 2018 Tom has been involved in neurorehabilitation across Europe, becoming an expert in this field and promoting intensive rehabilitation packages (physiotherapy, neurorehabilitation, neuropsychology) in specialist centres in Poland. He also became a therapist providing cryotherapy and cryolipolysis treatments to patients in the UK. By using very low temperatures and special equipment, he can help patients with chronic pains, neurological conditions, and many others. Tom has proven that by exposing our body to a low temperature, we can mobilise our brain to fight the problem from the inside by activating our own natural bodily defence mechanisms.

Tom is offering Cryotherapy treatment at Lighthouse Dental Practice and forms an integral part of our well-being clinic. Cryotherapy has beauty, medical, and sports benefits.

Beauty Benefits

- Anti-ageing
- Boost collagen production
- Brighter and healthier-looking skin
- Skin tightening
- Reduces fine lines and wrinkles
- Reduces facial puffiness
- Better skin oxygenation
- Reduces dark circles and shadows under the eyes

Medical Benefits

- Chronic pain relief
- Arthritis
- Rheumatism
- Fibromyalgia
- Multiple sclerosis
- Inflammation
- Depression
- Mental illness
- Psoriasis and eczema – dermatitis.
- Migraine and headaches

Sports Benefits

- Boost energy pre-workout
- Aids post-exercise recovery
- Reduces muscle pain and fatigue
- Boost hormone levels
- Improves circulation
- Removal of lactic acid
- Increases muscle performance
- Anti-inflammatory
- Decrease stress
- Reduces soft tissue injury
- Speeds up recovery time
- Enhances training

LET'S TALK ABOUT Facial Aesthetics

At Lighthouse facial aesthetics and skin clinic, our highly trained clinical team offers a wide range of treatments that can help to reduce visible signs of ageing, improve skin texture and tone, and give you a refreshed and revitalised look.

Our skilled clinicians will work with you to develop a personalised treatment plan to achieve your desired results. We pride ourselves on consistently delivering exceptionally high standards of client care.



WRINKLE REDUCTION

This treatment works by temporarily relaxing the facial muscles that are responsible for producing the wrinkling of skin.

Examples of areas that can be treated includes:

- Frown lines/glabellar lines
- Forehead lines
- Smile lines (crow's feet)
- Lip enhancements
- Nose-to-mouth lines/Nasolabial folds
- Marionette lines

DERMAL FILLERS

Do you feel that your skin is lacking volume and lustre? Dermal fillers can provide results that:

- Restore volume
- Smooth lines
- Cut the appearance of unwanted creases
- Plumps skin in areas which have lost their own natural volume
- Improves the condition of the skin by rehydrating it and stimulating your own natural collagen production.

CRYOLIPOLYSIS

Cryolipolysis is used to target areas where there are fatty deposits that do not respond well to diet, exercise, and a healthy lifestyle. Areas that can be targeted includes:

- Abdomen
- Arms
- Thighs
- Chin area
- Hips

FROTOX

This treatment works by constricting blood vessels using a high-pressured stream of freezing cold air at targeted areas of your face to gradually and safely reduce the temperature of the skin to much lower levels. Benefits include:

- Reduction in inflammation, puffiness, and redness
- Encourages collagen regrowth
- Promotes cell repair
- Tightens the skin
- Reduces wrinkles
- Fills in fine lines
- Especially effective treatment for those that have inflammatory skin conditions such as acne and rosacea

	From
Wrinkle Reduction	£180.00
Dermal Fillers	£230.00
FroTox	£30.00
Cryolipolysis (Fat Freezing)	£90.00
Migraine Treatments	£400.00
Excessive Sweating Treatment	£350.00
Waxing	£10.00
Brow Tint	£20.00
Event Makeup	£40.00
Wow Fusion Facials	£50.00
Dermaplaning	£65.00
Chemical Peels	£60.00

Before and After



SMILE MAKEOVER

Smile into Summer



Our Summer showcase has been recently completed by Dr Tocca.

This patient was unhappy with the general appearance of their smile and the wear of the teeth that they were experiencing.

Dr Tocca achieved these after results by crowing the front four teeth, and provided bridge work to the posterior teeth.

Our team are always passionate about helping patients to achieve their dream smiles!

TESTIMONIAL



"Always great experience attending Lighthouse. Friendly reception staff, Hygienist and Dentist put you at ease and fully explain what they are doing and what the options are. Worth the 70 mile round trip every 6 months."

TESTIMONIAL



"The team are so friendly and helpful. From the reception team who always do their best to make sure to accommodate requests as well as their amazing dental team who answer every question you have and take great care of you. Couldn't recommend them more!"

TESTIMONIAL



"Called in seeking an urgent appointment and they managed to squeeze me in within 3 hours. got a wisdom tooth extracted without a problem, very professional, painless, excellent communication. Friendly staff."

ASK US ABOUT OUR 0% FINANCE PLANS

Our Lighthouse Dental Finance plans provide a simple and affordable way to pay for all types of dental and beauty treatments. We offer a range of 0% and low-interest funding options enabling you to arrange the results you want now at a cost to suit your pocket.

MAINTAIN A REGULAR SCHEDULE WITH US

Routine Care Plans

We believe that in the times of rising costs, that being able to budget a smaller monthly amount for your routine dental care could be beneficial for many. There is also the added bonus of being a plan member patient, of an additional discount of up to 20% off further treatment that you may require, discount for family members, and worldwide trauma insurance.

Starting from as little as £13.28 per month, joining Denplan Essentials has never been easier. Our professional team can complete an online sign up with you in practice or over the telephone.

For more information on our routine maintenance care plans, please contact our team on 01473 257379.

