

zestdental for life.

Telephone: 9870 6312
Cnr McKay Court & Wantirna Road, Ringwood 3134

WELCOME TO OUR AUTUMN 2020 IN-HOUSE

HOURS OF PRACTICE:

Monday

9.10am–6.00pm

Tuesday

9.10am–6.00pm

Wednesday

9.10am–5.00pm

Thursday

9.10am–7.00pm

Friday

9.10am–5.00pm

Cancellation Policy

If you are unable to make your next appointment, please call us to reschedule ASAP.

We know that sometimes it is out of your control, but please try to give at least 48 hours notice so that the practice can run efficiently. Thank you.

Welcome to a beautiful Melbourne Autumn!

We love our patients, so we want you to know that if you refer a friend or work colleague you will receive a complimentary dental examination!

In response to community concerns about Coronavirus (COVID-19) we provide the following for your assistance: Government hotline 1800 020 080 (or visit www.health.gov.au). We assure our patients we have the latest information available to health professionals and are taking every precaution to minimise any risk factors.

Please note: we will be closed for the Easter break from Good Friday, 10th April and reopen Tuesday, 14th April. We will also be closed for the Anzac Day public holiday on Monday, 27th April. Don't forget, the school holidays are a great time to bring the kids in for dental check-ups! Please ring our friendly staff on 9870 6312 to book an appointment.

To do our little bit to help the environment, we are sending reminder messages via email or SMS, unless a patient requests otherwise. And another tiny reminder.... Zest Dental is on Facebook and Google—and we would love it if you "like us" on either site!



We are delighted to congratulate Sharon on her recent engagement and give our best wishes for happy Wedding Day planning!

We're celebrating Dr Heidi Reid's 18th year at our surgery

Dr Reid started her journey in dentistry in Finland and successfully completed her training in 1998 from the University of Melbourne.

She was accepted into the highly acclaimed Fellow of the Royal Australasian College of Dental surgeons in 2016.

Her passion in working with children is evident in winning the prize for paediatric dentistry and she has a caring, gentle approach and a great rapport with her patients. Book an appointment with Dr Heidi Reid by calling our surgery on 9870 6312.





Please take note of the “No Standing” signs in McKay Court.

We suggest that our patients use our on site car parking—we don’t want you to receive a parking fine next time you visit us!

Emergency Dental Assistance

Should you require emergency dental assistance while the surgery is closed please contact:

The dentist at One smile on 9887 4539.

Our surgery will be advised of any treatment received.

Time to do some baking—here’s a recipe for **Anzac biscuits** cook them for your family to enjoy on Anzac day!

You’ll need:

1 cup rolled oats; 1 cup plain flour; 1 cup firmly packed brown sugar; 1/2 cup desiccated coconut; 125 g butter, chopped; 2 tbsp. golden syrup or treacle; 1 1/2 tbsp. water; 1/2 tsp bicarbonate of soda (baking soda)

Preheat oven to 160°C. Grease oven trays; line with baking paper.

Combine oats, sifted flour, sugar and coconut in a large bowl. Place butter, syrup (spray the measuring spoon with cooking-oil so all the syrup comes away) and the water in a small saucepan; stir over low heat until smooth. Stir in soda, then stir into dry ingredients.

Roll level tablespoons of mixture into balls; place 5cm apart on trays, flatten slightly. Bake for 20 minutes or until golden; cool on trays. Made with love, yum! xx



Please Note:

► The surgery has begun using SMS to give patients a friendly reminder of an upcoming appointment. But if you don’t want to receive an SMS reminder message, please contact our friendly front desk staff 9870 6312.

► You can now use your American Express Card to pay your account. This allows Card Holders to receive more frequent flyer points!

Overseas ‘Dental Holiday’ Risks (complex treatments)

You may have heard about people deciding to combine an overseas holiday with having dental work done. Before undertaking such treatment, there are some things that anyone considering such treatment overseas should be aware of:

◦ **Complex treatments** such as crowns, bridges, implants and root canals etc—These types of extensive treatments require life long maintenance by the same dentist who provided the treatments. Patients need to be prepared to travel back to the original provider for follow up treatment as quite often it can’t be done here due to incompatible componentry.

◦ Many of the dental practitioners that provide such treatment would **not be able to register as dentists** in Australia.

◦ The **infection control** requirements in some overseas countries are far less rigorous than in Australia. Dental treatment requires stringent infection control as it often involves surgery. Failure to have adequate infection control in place for dental treatment is reckless.

◦ Language and culture differences may mean the practitioner who treats you **may not fully understand** what you want or accurately determine what you need to solve your dental problems.

These are the risks to be aware of and which need to be fully considered before any decisions are made.

