

zestdental for life.

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

WELCOME TO OUR SPRING 2020 IN-HOUSE NEWSLETTER

HOURS OF PRACTICE:

Monday

9.00am—6.00pm

Tuesday

9.00am—6.00pm

Wednesday

9.10am—4.00pm

Thursday

9.00am—7.00pm

Friday

9.00am—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 SPRING!

Thank you for your patience during this challenging time of COVID-19, please be assured we are taking all necessary precautions to keep our patients and our team safe. As restrictions change during this period, please don't hesitate to contact us on 9870 6312 if you have any concerns about your dental health or if you experience a dental emergency.



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!

Please note: we will be closed for the upcoming public holidays—AFL Final, 23rd October; Melbourne Cup long weekend, 2nd & 3rd November. And Halloween will be celebrated on 31st October.

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!

GETTING DENTAL HEALTH BASICS RIGHT

While we contend with restrictions on dental check-ups due to COVID19, it's even more important that we continue to pay attention to our dental health basics and ensure our children keep up good dental routines by:

- ⇒ Brushing twice a day with a toothpaste containing fluoride.
- ⇒ Cleaning in between teeth at least once a day with floss or an interdental brush.
- ⇒ Eating a healthy, balanced diet and limiting sugar intake.
- ⇒ Regularly visiting your dentist for check-ups and preventative treatment.



Most people think that a healthy lifestyle means eating lots of fruit and vegetables and getting as much exercise as you can. And while these factors are crucially important, the reality is that your oral health has a major effect on your overall health. Gum disease has been linked to many ailments including pneumonia, atherosclerosis (hardening of the arteries) and exacerbated diabetes symptoms. That's why brushing your teeth twice a day, flossing daily and having regular checkups are vital for your general health.



Don't FORGET! 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.

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!

DR HEIDI REID'S 18TH YEAR AT OUR SURGERY IS A GREAT REASON TO CELEBRATE!

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.

Baking Jam Drop Biscuits

Get the kids to help
Easy and fun!

You'll need:
125g butter (softened)
1/3 cup caster sugar
1 tspn vanilla essence
185g plain flour
1 tspn baking powder
2 tspn milk
1/2 cup strawberry or jam of your choice

Preheat oven to 180°C. line 2 baking trays with baking paper.

Method:

Beat butter, caster sugar and vanilla with electric beater in medium mixing bowl until pale and creamy; sift flour and baking powder and using a wooden spoon mix the dry ingredients and milk into butter mixture. Form into a soft dough.

Roll into small balls with lightly floured hands, place on baking paper covered trays 5 cm apart. Flatten each ball with a spatula to about 3.5 cm in diameter. Make a 2cm dent in the centre using the end of a wooden spoon.

Bake 10 mins, remove from oven and spoon jam into the centre with a tea-spoon and bake a further 5-10 mins until lightly golden. Stand on baking tray for 2-3 mins before transferring to a rack to cool and sprinkle with a little icing sugar. Store in an airtight container. Enjoy in the sunshine with a cuppa!

