

Spring Newsletter

Hello All.

This is the first of quarterly newsletters that we will be sending out to you to keep you updated on what's new at the practice and in Dentistry.

This Newsletter's biggest news is the departure from Kemp Dental Health, of Dr Ian Kemp. Family commitments have lead to Dr Kemp's departure from the practice but he has assured us that he will pop in from time to time to say hello.

I'm sure that you'll join us in wishing Dr Kemp a restful and happy year with more time to spend with his loved ones.



Having taken over the practice at the end of February, I have (as promised), brought in some new services to Kemp Dental Health, which you will hopefully enjoy.

Saturday appointments:

The practice will be open every Saturday from mid-March. Both the hygienist and myself will be available for Saturday appointments.

So if you have difficulty getting in to see us during the week, please call now to reserve your place for a Saturday appointment.

Evening Appointments:

Dental Appointments will be available until 7.30pm on Mondays.

Both Dr Little and the Hygienist will be available until 7.30pm on Thursdays.

Early Morning Appointments:

Dr Little will be available for early morning appointments from 8am on Mondays and Wednesdays

Hygienist:

You can now have your regular 3-6 monthly polish carried out with the hygienist.

The hygienist will check on the health of your gums and give tips on oral hygiene technique with toothbrushing, flossing, tepe brushes, superfloss etc, as well as making your teeth Sparkle!!

You can book your appointment with the hygienist at the same time as you pop in for your check up appointment with Dr Little, or on a separate day.

Direct Access:

You now no longer need to see the dentist for a check up before having your polish with the hygienist. This means that if you have a special occasion coming up or simply want to have an extra clean between check up appointments, all you need do is call us, and we will arrange it for you!

*We still advise a check up with Dr Little every 6months to ensure that your teeth are healthy, as well as your gums.

Implant Specialist:

We're very pleased to tell you that Dr Mark Varden who lectures at the Royal London Hospital on Oral Surgery and Implants, will be joining our team.

He is one of a select few specialists who hold double specialist recognition on the on the General Dental Council Specialist register

He will be available for evening appointments on Monday, to carry out anything from Wisdom Teeth extractions to Bone Grafting and Sinus Lifts, as well as Implants (including placing implants on the same day as teeth are extracted).

Periodontal Specialist:

We place great importance on having a healthy foundation for your smile, by taking good care of your gums.

There will be a Periodontal Specialist (Gum specialist) attending the practice on Saturday afternoons, to treat periodontal disease (gum disease) and to help the hygienist in monitoring and maintaining the health of your gums.

The Periodontist will be providing advise and performing Periodontal Treatment as well as gum surgery to correct the alignment of gums e.g.; Gummy Smiles.

I'm very excited to be working with her, as she will prove invaluable in maintaining the longevity of my more complex Aesthetic Dental Treatments such as Implants and Smile makeovers.

Discrete Adult Orthodontics:

Kishanie is a registered provider for 6Month Smile, Invisalign and the Inman Aligner.

6Month Smile- does what it says on the tin. The majority of treatments are completed within 6months.(Treatment can take from 4-9months)

A very discrete and thin titanium orthodontic wire coated in ceramic, so that it appears tooth coloured, is used to straighten your teeth.

The braces are very discrete and a world away from the thick metal wires we remember from our childhood. They work efficiently and effectively, to correct and straighten teeth.

For more information, or to find out if this treatment is suitable for you, please call the practice to arrange your free Orthodontic Consultation with Kishanie.

*Free Orthodontic Consultations are available for a limited time period.

Botox and Dermafiller treatments:

DR Little is a Facial Aesthetician who has been carrying out anti-aging and Facial Rejuvenation treatments since 2008. If you would like to know how simple and subtle changes to smooth and relax facial muscles can “freshen” up your appearance, as well as sculpting lips and cheekbones, then pop in or call us to arrange a free Facial Aesthetics consultation with Kishanie.

Private GP Appointments at your convenience including evening appointments on Wednesday as well as Saturday afternoons.

Dr Thusitha (Tish) Gooneratne, who has his own thriving GP practice in Coulsdon, Surrey, has had excellent reviews from his patients <http://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=43781>

We were delighted when he decided to join our practice and provide evening and Saturday appointments for our patients, as well as regular private GP services, such as Flu injections, Travel Vaccinations, Consultations and Referrals, at your convenience.



Tish with his son Maitri.

Last but not least, we are re-branding as Indigo Little.

To mark this new holistic concept of a dental practice, incorporating Medical and Specialist fields, we have decided to rebrand as Indigo Little.

Indigo, as well as being one of my favourite colours, has also been the colour that represents Intuition and healing, in ancient Sanskrit/Ayurvedic scripts.

The new website, Indigolittle.com is in the process of being built and should be up and running by the end of March.

In the meantime, we will be putting up our new opening times and more information about treatments available at the practice, on the Kemp Dental Health Website.

Opening Hours:

Day	Hours	Practitioner
Monday	9am to 7:30pm	Dr Kishanie Little (Dentist)
	5pm to 7:30pm	Implant Specialist
Tuesday	Closed	
Wednesday	8am to 2pm	Dr Kishanie Little
	2pm to 8pm	Dr Thusitha Gooneratne (GP)
Thursday	9am to 7.30pm	Dr Kishanie Little
	9am to 7.30pm	Hygienist
Friday	9am to 3.30pm	Dr Kishanie Little
Saturday	10am to 3pm	Dr Kishanie Little
	10am to 5pm	Hygienist
	3pm to 5pm	Periodontist
	3pm to 5pm	Dr Thusitha Gooneratne (GP)

As always, please feel free to call the practice, or email me on Kishanie@Indigolittle.com if you have any questions at all about the new services we are offering. Alternatively, if you are passing by, please drop in for a cup of tea or a coffee and a chat. I would be delighted to meet you in person.