

DENTAL CARE TIPS

In between visits, we still like to help our patients care for their smile by providing tips and advice to ensure you maintain your dental health.

Here's a handy guide for you to follow:

- Brush your teeth at least twice a day with fluoride toothpaste - ideally last thing at night and one other time during the day
- Try to brush your teeth for at least two minutes every time for a thorough clean
- Don't brush too hard - it could damage your gums and remove enamel from your teeth
- Clean between teeth with floss or dental tape to get rid of plaque that can't be reached with regular brushing
- Pay attention to when you eat sugar and how much - when possible try to limit sugar intake to straight after your meal

Your dentist or hygienist will provide bespoke care advice at every appointment, to ensure you receive care that is tailored to your needs.

HOW DO I REGISTER?

You just need to complete a simple agreement form to become a member. This will require your signature and bank account details. We will then set up a monthly Direct Debit payment. Please speak to any member of the team if you would like more information.



PRACTICE HOURS

Monday: 8.30 am - 5.00 pm
Tuesday: 8.30 am - 5.00 pm
Wednesday: 8.30 am - 5.00 pm
Thursday: 8.30 am - 5.00 pm
Friday: 8.30 am - 2.00 pm

Closed for lunch: 1.00 pm - 2.00 pm
If you have to cancel an appointment, please give us 24 hours' notice so that we can offer the time to someone waiting for treatment. We may make a charge for short notice cancellations or missed appointments.

EMERGENCIES

In case of an emergency during practice hours, please contact the practice immediately. We will always endeavour to see a patient in pain on the same day. If you require emergency treatment outside surgery hours, please telephone the practice where you will hear a message detailing the specific arrangements for that day.

SAFETY

We take all necessary precautions to safeguard you and our staff. We follow recommended guidelines with regard to sterilisation of instruments and the use of disposable items, e.g. gloves and needles. We are happy to answer any questions you may have.

OTHER SERVICES

- Orthodontic treatment with Smile TRU invisible braces
- Complimentary consultations for cosmetic and implant work available with Jill Kendall our Business Manager
- Application of wrinkle reducing injections and facial fillers with Dr Schubert
- On site technician, Joe - offering optimal fit dentures and dentures fixed with implants
- CT scan machine to facilitate successful placement of dental implants in the bone.
- In-house ceramic studio utilising the latest CEREC® technology
- Composite bonding to improve the shape and colour of individual or multiple teeth.

Please visit our website www.k3cds.com or Facebook for more information.



K3 Dental Studio

Regular Dental Care Plan

K3 Cosmetic Dental Studio

3 Capitol Close • Barnsley • Yorkshire • S75 3UB
Tel: 01226 246155

Three minutes from Junction 37 M1 - free parking

DENTAL SURGEONS
Dr Ollie Beukes BChD (Dent)
Dr Ernst Schubert BChD (Dent) BMedSci
Dr Mary John BDS

Mr Joseph O'Reilly
Dip Clinical Denture Technician RCS

CERAMIST
Liesl Schubert RDT

DENTAL HYGIENIST
AND THERAPIST
Mrs Kirsty McAra
Ms Jennifer Richardson

CERAMIST
Nick Simms RDT

www.k3cds.com | info@k3cds.com

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