



Do you really like us?

Many thanks to all those who were kind enough to tell us their feelings of why they are happy to recommend Comely Park. It was an honour and a privilege for the whole team to receive such complimentary and encouraging words.

The winner was drawn at random from all the entries received between June & November.

We are delighted to send Rebecca Shelton, Dunfermline, to Garvock House Hotel to enjoy a meal for two with wine.

"I would recommend Comely Park because of their useful and helpful advice plus a caring and happy polite attitude towards patients, very important when you are nervous at the dentist."

Rebecca Shelton, Dunfermline.

Staying cool at the dentist

We have now fully air conditioned all three surgeries within the practice, so all we need now is some warm and sunny weather to arrive.

Congratulations and good luck

Two more of our nurses Karen Armstrong and Angela Ogston have passed their Dental Nursing exam and are now registered with the General Dental Council. This is a great achievement and we are really proud of them. Vicki Burt has sat her dental nursing exam and should pass with flying colours. Roberta (Bobby) Mather is also attending college as part of the process of becoming a fully qualified dental nurse. At Comely Park, we feel that every member of the team has a role to play in making your visit as comfortable and enjoyable as possible. I hope you agree that our nurses and receptionists are very caring and professional. We are very proud to have them work with us.

Investment in the practice

Patient safety is one of the highest priorities at the practice. It is an aspect of dentistry patients expect and value. We are investing £30,000 in a state of the art sterilisation area within the practice. This allows us to dedicate a specific room, to the cleaning, sterilising and storage of instruments. This puts us at the forefront of what is becoming one of the most important areas of a dental practice.

See ourselves as others see us

Well, they say that children don't lie, so we decided to brace ourselves and asked the children to draw their dentist. We were delighted to have lots of entries.

Three first prizes of £25 Toys 'R' Us vouchers went to

1. Rebecca Feltham Age 9
2. Cristi Watson Aged 5
3. Annabel Newall Aged 2

There were also 14 runners up prizes of Singing Toothbrushes. You will be able to see a selection of the pictures, which we made into a canvas and now has pride of place in the kids corner of the waiting room.





*Of All The Things You
Wear This Year.....
Your Smile Is Most
Important*

Tooth Whitening is the most successful and simple method of lightening the colour of your teeth.

Many people have darker teeth than they would like. Everybody's teeth darken and yellow with age. Tea, coffee, cola, smoking and many other foods form stains which penetrated deep within the tooth and can not simply be brushed or polished away.

Many people choose tooth whitening to solve this problem. With tooth whitening it is possible to reverse age and food related yellowing or permanently, predictably and significantly lighted you smile beyond its natural shade.

Home whitening

Here at Comely Park Dental Practice we offer home whitening – the proven way to lighten your teeth.

We will take an impression of your teeth to custom make a mouth guard for you. The mouth guard is lightweight so that you can wear it comfortably while you are awake or asleep. Along with the mouth guard you will receive a whitening gel which is placed in the mouth guard which you then wear. This whitening system works by wearing the mouth guard with the whitening gel overnight. Results are normally seen within a 14 day period.

*Book an appointment today to assess
your suitability for tooth whitening*



*Addition to the
Hygiene Team*

We are delighted to announce that Mairi Crombie has joined our Dental Hygiene team, following Pamela Borthwick retiring from the practice due to illness. Mairi graduated in 2001 from Edinburgh Dental School. She has practiced in London and Edinburgh and has now come back to her home town of Dunfermline. Mairi will be working on Mondays and Tuesdays. She looks forward to meeting you at your next visit.

Why should I visit the hygienist?

Visiting the hygienist regularly is important to help maintain good oral hygiene and anticipate problems which may arise. The hygienist works in a team with the dentist and you, the patient, to provide a programme of oral care which is appropriate to your need and lifestyle and is an excellent source of advice on all matters of oral health.

How often should I see the hygienist?

This will vary depending on your state of oral health and is completely individual to each patient. In the initial phase of treatment, the dentist may recommend some patients see the hygienist every two to four weeks, until a problem is brought under control. After that, depending on what is needed, it may be monthly, three monthly or six monthly intervals, whatever it takes to keep your mouth healthy, attractive and fresh.

How to get the most benefit from seeing the hygienist?

In surgery don't be afraid to ask questions and seek clarification of anything you are unclear about. Ask the hygienist to demonstrate any tricky procedures such as flossing. If problems develop between visits, tell the hygienist about them so she can advise and treat you appropriately. Between visits try and carry out the cleaning procedures as best you can, and stick to the programme suggested by the hygienist. Although the hygienist plays a crucial part maintaining the hygiene of your mouth, the most important person responsible for your oral health is yourself.

"Excellent professional dentistry in a relaxed and friendly environment. Very understanding for nervous patients such as myself."

Mrs F Caldwell, Dunfermline

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"It's "smiles" better than anywhere else! Relaxed, friendly and cheerful. The kids love coming along and that's brilliant."

Mrs A Spruce, Dunfermline