



We're now accepting new **Private Hygiene Patients!**

Achieve a fresh, clean smile and maintain excellent oral health with our professional **Scale & Polish** and **Airflow Polishing treatments**. Our expert team and state-of-the-art facilities here at The Dental Team Manchester ensure you receive top-quality dental care.

Get rid of those stubborn stains and restore your confidence with Airflow Polishing Stain Removal.

Airflow Polishing is a quick, gentle cosmetic treatment that **removes stubborn stains** from the front and back of your teeth. They instantly brighten your smile by **eliminating discolouration caused by tea, coffee, red wine, and tobacco**. These treatments also help maintain a healthy mouth by removing plaque and tartar, leaving your teeth clean and fresh.

Join us as a Denplan patient:
Affordable, hassle-free dental care!

- Plans from **just £0.57p per day!**
- Regular Hygiene appointments
- Keep your smile healthy with predictable, budget-friendly dental care



Website: www.thedentalteammanchester.co.uk

Call us: 0161 864 3250

Your teeth are sparkling: keep them that way!

Here's how to maintain that fresh-from-the-dentist clean:



1. Brush Twice a Day

- Morning and night with fluoride toothpaste.
- After brushing, spit—don't rinse! Let the fluoride work like a leave-in conditioner for your teeth.



2. Floss Every Day

Floss is your toothbrush's sidekick, fighting plaque between your teeth.

Choose the best tool for you:

- Waxed Floss: Easy to slide between teeth.
- Dental Tape: Broader, great for wider gaps.
- Floss Picks: Convenient for on-the-go use.
- Water Flosser: Simple to use and highly effective.



Pro tip: Make flossing a daily habit—bonus points if you do it while watching Netflix!



3. Skip the Snack Attacks

- Frequent snacking allows sugars and acids to linger, which can harm your teeth.
- Give your teeth a break—hydrate with water and choose healthy snacks.



4. Keep Up the Routine

- Healthy teeth need love every day!
- Brush, floss, and visit us regularly to keep your smile shining bright.

Got questions? Call us or visit our website! We're here to help you keep that sparkle.