Seaham Smiles Dental Surgery

SUMMER NEWSLETTER

New Faces, New Smiles!

It's been a season full of milestones here at Seaham Smiles. From new arrivals to personal celebrations within our team, and a community achievement we couldn't be prouder of. Here's everything that's been happening.



Congratulations, Matt & Sophie!

Wedding bells rang for Matt and Sophie, who tied the knot on Saturday 13th June. The whole Seaham Smiles family is delighted for the happy couple and wishes them a lifetime of happiness together.

Welcome to the World, Annie Mae!

We're delighted to share that Abbey has welcomed her baby girl, Annie Mae. Congratulations to Abbey and her family on this exciting new chapter! We can't wait to meet her!



Congratulations, Courtney!

Courtney has welcomed her baby girl, and we couldn't be more excited for her. We'll miss having her around the practice while she enjoys this special time, but we know she has the most wonderful adventure ahead. Wishing you all the best, Courtney!



Nigel Takes on the Rat Race

A huge well done to Nigel, who took on UK's biggest ultramarathon: a 70-mile endurance challenge through historic Hadrian's Wall country in England, and raised an incredible £2,820 for Crohn's & Colitis UK. Thank you to everyone who sponsored him and supported such a brilliant cause.

Thank you for being part of our practice family. We look forward to seeing you soon.

Phone: 0191 581 2236

Website: seahamsmiles.com

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Summer Sensitivity? You're Not Alone

Ice creams, cold drinks and sunny days by the sea and that sharp little wince when something cold hits a tooth. Sensitivity is one of the most common things we hear about in summer, usually down to worn enamel or slightly receded gums. Switching to a sensitive toothpaste and brushing gently often helps but if it's new or getting worse, pop in and let us take a look. It's much easier to sort early.

Off on Holiday? Get Sorted First

There's never a good time for toothache, but on holiday is about the worst. A quick check-up before you travel lets us catch and fix anything before you go so you can relax and enjoy it. **Book yours on 0191 581 2236, or message us on WhatsApp.**



What's On This Summer

Summer's full of reasons to love your smile. Whether it's professional teeth whitening ahead of a big day (we use Boutique, a dentist-prescribed take-home system), straightening things out discreetly with Invisalign, or replacing a missing tooth with dental implants from Dr Nigel Suggett, our team's here to help. And if you're just due a freshen-up, book in for a hygiene appointment for your clean before the season's in full swing.

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