

The Monthly Tooth

Issue 37 | April 2025



Protect your smile with Union Quay Dental

Exceptional Monthly Dental Plans

At Union Quay Dental, we understand that great oral health is about more than just check-ups—it's about proactive, comprehensive care. That's why we've designed our dental plans to do more than cover the basics. With extended appointments, thorough periodontal management, and a strong focus on prevention, our plans provide peace of mind, long-term value, and a confident, healthy smile.

Why Join a Dental Plan?

Joining a dental plan isn't just about saving money—it's about investing in long-term oral health. Our plans are designed to ensure you receive regular, high-quality care with consistent follow-ups and support. You'll never feel rushed or overlooked—just well looked after.

Monthly Plans – From £10.99/month

We offer three tiers of monthly dental plans, each providing comprehensive, preventive care, with a strong emphasis on maintaining gum health and catching issues early.

All Plans Include:

1-Hour Hygiene Appointments

Our hygiene sessions are double the length of typical appointments. We take the time to thoroughly clean your teeth, remove stubborn tartar build-up, and give personalised advice on brushing and flossing techniques.

Periodontal Disease Management

We don't just clean teeth—we manage your gum health. If you have early signs of gum disease or ongoing periodontal issues, our hygienists will provide tailored care and monitoring as part of your plan.

Annual Health Check with the Dentist

Includes a full clinical exam, oral cancer screening, digital x-rays, and any necessary scans.

Same-Day Emergency Appointments

Whether it's pain, swelling, or a lost filling, our plan patients are guaranteed same-day access to a dentist for urgent concerns.

Free Whitening Top-Ups

Patients who've previously completed whitening treatment with us receive complimentary top-ups to maintain their bright smile.



Plan Options:

Plan 1 – £10.99/month

- 1 hygiene visit/year
- 1 dental health check
- 1 emergency appointment
- 1 whitening top-up

Plan 2 – £15.99/month

- 2 hygiene visits/year
- 1 dental health check
- 2 emergency appointments
- 2 whitening top-ups

Plan 3 – £30.99/month

- 4 hygiene visits/year
- 1 dental health check
- 4 emergency appointments
- 2 whitening top-ups

Before joining a plan, new patients will need an initial comprehensive examination (£126), which includes a full oral health review and treatment planning if necessary.

Smile for Life Retention Plan

Perfect for patients who've had braces or aligners - £20.99 / month

Orthodontic treatment is an investment—so protect your results with a plan that's built specifically for post-treatment care. Our Smile for Life plan is designed to help you maintain your beautifully aligned smile with ongoing support.

What it Includes

Retainer Maintenance

Complimentary replacement of removable retainers and repairs to bonded retainers if required.

2 Hygiene Appointments + 1 Dental Exam per Year

Including periodontal maintenance and plaque control tailored for orthodontic retention.

Same-Day Emergency Appointments

For peace of mind, especially when dealing with retainer-related concerns.

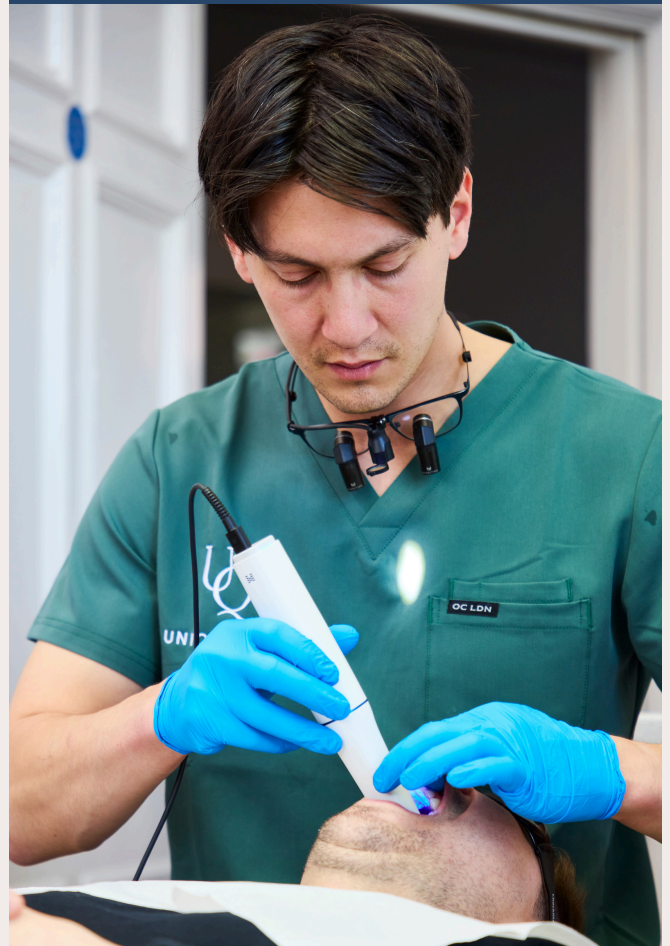
Whitening Top-Ups

Maintain your sparkle post-treatment with free whitening top-ups (if you've had whitening with us before).

Joining is easy—book a free consultation to discuss your needs. A new patient exam (including x-rays and 3D scans) is required and £126.00 for those joining the plan.

Why Patients Love Our Plans:

- Longer, more thorough appointments
- Consistent gum health monitoring and maintenance
- No unexpected costs or last-minute bills
- Ongoing whitening for a smile you're proud of
- Flexible plans to suit your lifestyle



Best Hygienist I've been to!

Farah always does an amazing job cleaning my teeth, the best at cleaning teeth! Always look amazing after, Farah is the best hygienist I've been too

- Nicole H



Release Your Wild with High Tide Adventure

High Tide Adventure Company was founded by Wayne Dobson in 2015. Wayne's passion for the outdoors has been lifelong. He first discovered the personal growth and development that outdoor adventure can offer as a young Sports Studies student at Newcastle College, gaining his first qualification – the Basic Expedition Leader Award – in 1996. Since then, he has continued to build his expertise, achieving his Mountain Leader (ML) and Rock-Climbing Instructor (RCI) awards, as well as qualifications in gorge walking, coasteering, trail cycling, and a wide range of other outdoor pursuits.

This July marks ten years of High Tide Adventure Co delivering exciting, challenging, and safe adventures. We've had the privilege of working with a wide range of clients – from local North East schools to our most senior adventurer, who tackled a coasteering session at the age of 85!

At High Tide Adventure, our ethos is simple: "There is more in you than you know."

We believe in inspiring a **spirit of adventure** in everyone we work with. There's an adventure out there for everyone, and our activities are simply the medium through which we help people discover the best version of themselves. Whether it's pushing past comfort zones, showing true courage, or feeling the pride that comes with achievement, seeing our clients grow through adventure is what drives us every day.

So, release your wild – and let your adventure begin.



Book your next adventure:
www.hightideadventure.co.uk

Braces vs Clear Aligners: Which Is Right for Your Smile

When it comes to straightening your teeth, there are more options than ever before—and two of the most popular choices are traditional braces and clear aligners. Both are highly effective ways to achieve a beautifully aligned smile, but they work in slightly different ways and suit different lifestyles.

Traditional Braces are fixed to the teeth and use brackets and wires to gradually move them into position. They're especially effective for more complex cases, such as severe crowding or significant bite issues. Braces are always working, so there's no need to remove or replace them—but they are more visible and can make brushing and flossing a bit more challenging.

Clear Aligners are a removable and discreet alternative. Custom-made to fit snugly over your teeth, they gently shift your smile into place through a series of nearly invisible trays. They're ideal for mild to moderate alignment issues and are popular among adults and teens thanks to their subtle appearance and flexibility. Since they can be taken out for eating, brushing, and special occasions, they fit easily into most lifestyles.

Treatment Timelines

- Braces: Most patients complete treatment in 12–24 months, depending on the complexity of the case.
- Clear Aligners: Treatment typically takes 6–18 months, with some cases finishing even sooner.

Of course, every smile is unique, and timelines can vary based on your specific needs.



Patient Case Study: This patient came to us looking to improve the alignment and appearance of their smile. After a thorough consultation and personalised treatment plan, they underwent a 12-month course of fixed braces followed by clear aligners to fine-tune the final result. The combination approach allowed for precise movement and a beautifully balanced finish.

Ready to Start Your Smile Journey?

We offer free orthodontic consultations at Union Quay Dental to help you explore your options and find the treatment that's right for you. Whether you're considering fixed braces or clear aligners, our expert team will guide you every step of the way.

📞 Call us on 0191 259 6506 or email us at reception@unionquaydental.co.uk to secure your free consultation.

Let's get your smile on the right track!

Important Notice About Missed Appointments

We kindly remind all patients to give us at least 24 hours' notice if you need to cancel or reschedule an appointment.

In the first three months of this year alone, we had **441 missed appointments**—totalling over **314 hours of lost clinical time**, including **167 hours of hygiene appointments**.

These unattended appointments represent a **significant strain on our team and resources**, and more importantly, they take away opportunities for other patients—many of whom are waiting urgently for care.

We fully understand that emergencies happen, and we're always here to help. However, a **quick call to let us know** allows us to offer that time to someone else in need.

For Plan Patients

If you're on one of our dental plans and miss a hygiene appointment **without giving at least 24 hours' notice**, that session will be **deducted from your annual allowance**. If you'd like to rebook, the appointment will be chargeable.

We appreciate your understanding and support in helping us run an efficient and fair service for all patients.

If you need to cancel or reschedule, please contact us as early as possible.

**Thank you for your cooperation,
The Union Quay Dental Team**

Say hello to our new team members!

We're excited to share that you'll be seeing lots of new faces around the practice! As part of our continued growth and the expansion into our beautiful premises at Union Quay Dental, we've welcomed several new team members across all departments—dentists, hygienists, nurses, and support staff.

This expansion reflects our commitment to providing even more patients with exceptional care in a modern, welcoming environment. By growing our team, we're able to offer greater appointment availability, shorter waiting times, and a wider range of treatments—all while maintaining the high standard of care you've come to expect from us. We can't wait for you to meet the newest members of our team!



Meet Priscilla – Expanding Her Skills to Care for Your Smile

We're delighted to share that our Hygiene Therapist, Priscilla, has been busy furthering her skills through additional training and professional development courses.

Alongside providing her excellent hygiene care, Priscilla will now also be carrying out routine fillings here at the practice. This means even more flexibility and convenience for our patients, with the same friendly, familiar face delivering high-quality treatment.

We're incredibly proud of Priscilla's hard work and dedication to her profession — and we know you'll continue to be in great hands under her care!



Coast Fest 2025!

Coast Fest returns to North Shields in 2025 with its biggest line-up yet, promising an unforgettable weekend of live music and entertainment by the sea.

The 2025 line-up includes headline performances from: Laidback Luke, The Window Kid, Glasvegas, Liam Fender, The Lindisfarne Story Band and they will be joined by over 150 artists performing across multiple stages throughout the weekend.

🔥 Day passes, weekend passes, and children's tickets are now available. Tickets are expected to sell quickly, so early booking is advised.

👉 [Find out more and book tickets at We Got Tickets](#)

Get in touch

0191 259 6506

reception@unionquaydental.co.uk

www.unionquaydental.co.uk

The Richard Irvin Building

Union Road

North Shields

Tyne & Wear

NE30 1HR