



## Welcome to our first Avondale and Horizon Dental newsletter.

We are proud to share with you what has been happening at Avondale and Horizon Dental. Our team are always working hard to look after you to create great smiles and healthy mouths.

Recently at Avondale Dental we have been undergoing a change of logo and web design. You may have noticed the building has been painted and we now have a great new Avondale Dental logo! We are very pleased and excited to share our new look with you! **Victor & Tim.**



## OWNERS TIM AND VICTOR

Victor and Tim are the proud owners of Avondale and Horizon Dental. We are dentists who go the extra mile for our patients. We have a team of highly trained professionals and we offer a wide range of dental services using only the best of equipment. We would like to invite you to have a look at our new website [www.avondaledental.co.nz](http://www.avondaledental.co.nz)

Sandra, our practice manager, has been with Avondale Dental for 11 years and always has a welcome smile. She knows the business and patients. Sandra is here to help with any questions you may have.



## Meet the rest of our talented team

Our team of professional and friendly practitioners welcome you to Avondale Dental where patient care and excellence in dental solutions is the essence of our practice.



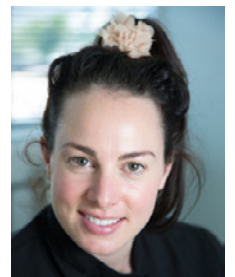
DR PRIYA SINGH REID  
Associate Dentist



KIM PENNEY  
Hygienist



JELENA KNEZEVIC  
Hygienist



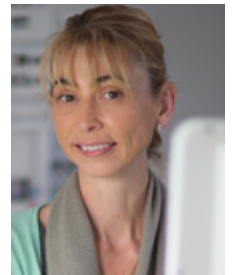
ANNAH GODLEY  
Hygienist



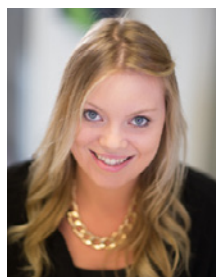
SHANAE CANTELL  
Dental Assistant



NATASHA ROSE  
Dental Assistant



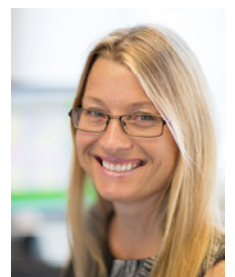
JASMINA LUETICH  
E4D Technician



EMMA COTTON  
Receptionist



RAJESHNI KUMAR  
Charge Nurse in Sterilizing



JACQUI MILTON  
Laboratory and Sterilization Nurse

## FREE TREATMENT

At Avondale Dental we provide free dental treatment for year 9 – year 13 students.

Phone 09 828 5786 or go to [avondaledental.co.nz](http://avondaledental.co.nz)  
to make an appointment enquiry  
We are open Monday to Friday from 8am until 5pm



## CARING FOR YOU AND YOUR SMILE

At Avondale Dental and Horizon Dental we take great pride in delivering high quality dentistry at reasonable prices to our patients.

We offer a wide variety of general and cosmetic dentistry.

Victor and Tim have both had over 25 years of practicing experience each and are well supported by the excellent and cheerful team.



## HORIZON DENTAL

**At Horizon Dental, our affiliated practice, we understand the importance of an integrated service which is why we are located in the Avondale Integrated Health Centre.**

At our practice you will find a relaxed and friendly environment, a place where our dentists are committed to offering personalised service and the highest standards of oral hygiene. We care and listen to your needs and have a special way of working with you to give your teeth, smile and mouth the very best dental care – it's what we do. Our practice backed by a team of professionals with many years of experience and service.

Horizon Dental is located only minutes from central Auckland at **Avondale Integrated Health, 1784 Great North Road, Avondale**. There is plenty of parking and easy street level access without any stairs to negotiate.

Contact us now for a fresh look at your dentistry care. We believe that going to the dentist should not be difficult for patients so at Horizon Dental, we make every effort to go above and beyond for our patients. You can email [avdental@xtra.co.nz](mailto:avdental@xtra.co.nz) or phone **09 828 5786** to arrange an appointment.

### Oral Hygiene Tips

We believe oral hygiene is very important so each time we prepare a newsletter, we will share some oral hygiene tips. Annah our oral hygienist shares with you tips on flossing:

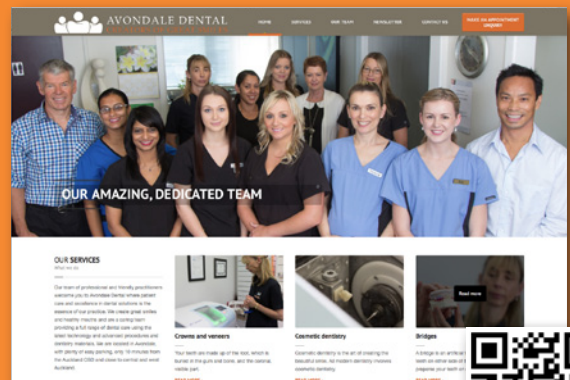
#### How to Floss correctly:

1. Break off a decent length of floss, approx 30 cm
2. Wrap the floss tightly around the middle fingers of each hand then use your thumb, or finger to guide the floss.
3. Guide the floss gently between your teeth using a gentle back and forth motion.
4. When the floss reaches you gumline, curve it into a c shape against the tooth.
5. Now gently slide the floss into the space between the gum and the tooth.
6. Do this on both sides of the tooth.
7. If there is bleeding keep up the effort and as the gums get healthier they won't bleed.

## HOW GOOD TEETH AND A HEALTHY MOUTH CAN CHANGE YOUR APPEARANCE

How you feel about your mouth and teeth has an impact on you, if you have a great healthy mouth and good teeth you feel better. At Avondale Dental, we understand how difficult it can be for people who have had problems with their teeth or mouth health. We are here to help you and to show you how much better you are able to feel with a great smile and being able to talk and smile without covering your mouth. Talk with us if you have a problem as patient care and understanding is one of our strengths.

## CHECK OUT OUR NEW WEBSITE!



[www.avondaledental.co.nz](http://www.avondaledental.co.nz)



1962A Great North Rd, Avondale, Auckland 1026 **Phone** 09 828 5786 **Fax** 09 828 6586

**Email** [avdental@xtra.co.nz](mailto:avdental@xtra.co.nz) **Web** [www.avondaledental.co.nz](http://www.avondaledental.co.nz)