

## Winter Oral Health Tips

Winter air and festive treats can challenge your teeth. Protect your smile by brushing twice daily, using fluoride toothpaste, avoid rinsing, and sipping sugary drinks with meals only.

Book hygiene early to keep stains at bay. We're here for your winter smile!

## Nurses in Training

We are happy to announce that Kerry and Oliwia are now working towards their Dental Nurse Qualifications with hope of qualifying around June.



Please consider leaving us a google or facebook review.

## Contact Information

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Website: www.hiltondental.co.uk

Facebook: Hilton Dental Aberdeen



# WINTER Newsletter



## Festive Offers

### Air polish Treatment

Upgrade your hygiene clean this December—add Air Polish stain removal for just £6 more. Air Polish focuses on surface stain removal. Leave with a smoother, brighter-feeling smile this winter.

### Winter Whitening.

Winter Whitening this December—save £76 (usually £375). Brighten to a natural B1 shade with results possible in 24 hours using overnight trays.

## Opening Hours

Monday - Thursday

8.30am - 5.30pm

Friday

9.00am - 1.00pm

Closed for lunch

1.00pm - 2.00pm

## Online Booking!

Don't forget you can now book your exam and hygiene appointments online! Head to [www.hiltondental.co.uk](http://www.hiltondental.co.uk) and click "Book an Appointment" to book today!



Opulent Health Ltd joined the Hilton Dental family in June 2025. Led by Nurse Consultant Mark Robison and his expert team, the clinic delivers high-quality, regulated care across facial aesthetics, Men's Health, hormone support, menopause care and general wellbeing, combining clinical excellence with patient-focused treatment.



## Winter Opening Hours

Monday 22<sup>nd</sup> December: 8.30am - 5.30pm  
Tuesday 23<sup>rd</sup> December: 8.30am - 5.30pm  
Wednesday 24<sup>th</sup> December: 8.30am - 11am  
(on call emergencies from 11am)

Thursday 25<sup>th</sup> December - Sunday 29<sup>th</sup>  
December: On Call Dentist  
(please call main practice number and  
press option 1)

Monday 29<sup>th</sup> December: 9am-11am  
Tuesday 30<sup>th</sup> December: 9am -11am  
Wednesday 31<sup>st</sup> December: 9am - 11am  
(on call emergencies from 11am this week)

Thursday 1<sup>st</sup> December - Sunday 4<sup>th</sup>  
January: On Call Dentist  
(please call main practice number and  
press option 1)

Open as usual from Monday 5<sup>th</sup> January.

Whatsapp for ADVICE ONLY:  
07938 984973

## Failure to Attend Charges

To protect clinical time and ensure appointments remain available for those who need them, the following FTA charges will now apply to all patients

- 1st Failure to Attend: 50p per minute
- 2nd Failure to Attend: £1 per minute
- 3rd Failure to Attend: £2 per minute

These charges apply to appointments that are:

Missed without notice, or  
Cancelled with less than 48 hours' notice,  
unless due to a verified emergency.

## Deposit Trial

The deposit system was originally introduced with the hope that it would encourage patients to attend their appointments and reduce the number of failure-to-attend (FTA) instances.

However, despite this measure being in place for several months, the number of missed appointments has not decreased.

We appreciate our patients giving this system a chance, and we apologise for any inconvenience or issues it may have caused during the period it was in place.

As deposits will no longer be required for any patients, all deposits currently paid will be honoured and applied to the patient's next visit, as originally agreed with each individual.



Cold days, cosy nights... and maybe the odd mince pie!

As the year winds down, we want to send a warm smile your way and thank you for being part of our Hilton Dental community.

Whether you're visiting us for a routine check, a sparkle-boosting Air Polish, or simply popping in with a festive jumper, you brighten our winter more than you know.

Here's to calm commutes, hot chocolates that actually stay hot, and teeth that survive every toffee in the Quality Street tin. From all of us – stay warm, stay well, and keep smiling!

From all the team at Hilton Dental, we wish you all a very Merry Christmas and a wonderful New Year full of love, laughter and joy!

