

# Our Dental Membership Plan:

We believe regular six monthly visits to the dentist is the best way to care for your mouth and gums.

We also appreciate the need to budget for routine care costs. This is why we invite you and your family to join our Dental Membership Plan from just **£12 per month.**



## What's included as part of the Dental Membership Plan?

### GOLD PLAN

£12 per month an adult receives:

- 2 x Check ups
- 2 x 20 min hygiene visits
- Up to 2 X-Rays per year

### PLATINUM PLAN

£18 per month an adult receives:

- 2 x Check ups
- 4 x 20 min hygiene visits
- Up to 2 X-Rays per year

AND if you choose to join our scheme you also receive up to 20% off treatments such as fillings or extractions (excludes cosmetic treatment, implants and orthodontic treatment).

Children (under 16 years) £6.00 per month. Children 2 years and under are free.

Joining our Dental Membership Plan is easy. Simply complete a standing order mandate with our Practice details.

We can help you with this form and have copies at the practice. Just remember to bring your bank account details with you.

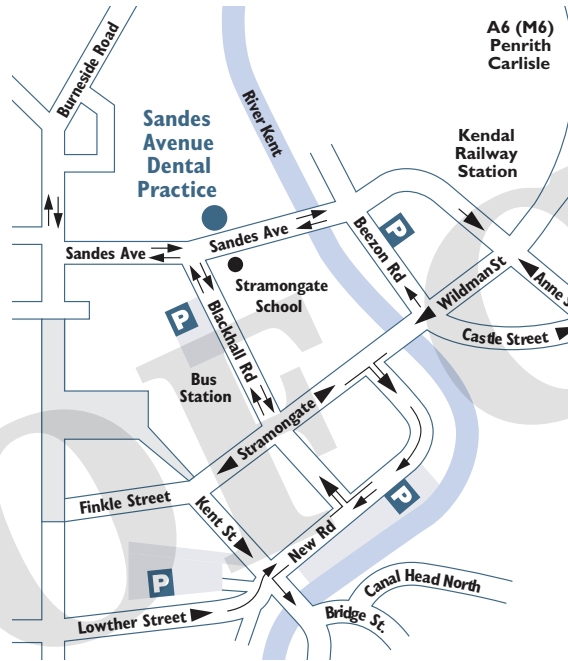
We are also more than happy to see patients who prefer to pay per visit. We offer a **Pay-as-you-go** scheme, example costs are shown in the table below.

The first appointment for new patients wanting to register with the practice normally takes 30 minutes. It includes a thorough check up and X-rays if required, at a cost of £58 per adult.

## Treatment Costs:

Treatment	Pay-as-you-go	Dental Care Plan
Routine Recall Examination	£35.00	FREE up to 2 per year
Scale and Polish as separate visits	£39.00	FREE up to 2 per year
X-Rays	£10.00	FREE up to 2 per year
Fillings	from £36.00	from £30.00
Extractions	from £86.00	from £68.00

## How to find us:



## Our opening hours:

Monday to Friday 8.30am - 5.15pm  
Wednesday 8.30am - 7.30pm. Late evening appointments

Saturday and Sunday:  
Emergency cover by qualified dentist.

Call 01539 739911  
or visit [kendal-dentists.co.uk](http://kendal-dentists.co.uk)

5 Sandes Avenue, Kendal. LA9 4LL.

# SANDES AVENUE DENTAL PRACTICE

Family dental care in relaxed surroundings



“By working together we can reduce the need for future treatment”

Dr Jennifer A Richards  
Sandes Avenue Dental Practice



# Sandes Avenue Dental Practice:

As a family focussed dental practice we are dedicated to developing an ongoing relationship with our patients based on sound advice, education and preventative techniques. We want your teeth to last a lifetime, the less treatment the better. Every patient is treated as an individual rather than a number. We do not rush patients in and out in a hurried uncaring fashion.

We continually invest in the practice which has hi-tech treatment rooms. Patients can look forward to the very latest in dental technology, including digital cameras as well as innovative drill-free equipment which virtually eliminates the need for injections.

We are committed to continuing education and keeping up-to-date with the changes in modern dentistry. Most of all we encourage preventative techniques. This helps you to understand how to maintain the health of your mouth and gums, keeping them free from tooth decay and gum disease, thereby reducing the need for future treatment.



## Our Aim:

Our aim is to provide high quality care and treatment in a relaxed, comfortable and safe environment.

We promise to treat you as an individual in the same way we expect to be treated as patients ourselves.

### Benefits include:

- Sensible time slots for appointments, removing that 'rushed' feeling
- Professional, relaxed, friendly UK qualified team
- Preventative advice reducing the need for future treatment and saving you money
- Full range of treatments including crowns, dentures, white composite tooth fillings and root canal treatments
- Prime time early morning and evening appointments
- Latest technology, intra oral digital cameras
- One visit Tooth Whitening
- Facial skin, lip and frown line enhancements using Botox® and Restylane®
- Free appointment reminder phone calls
- Oral cancer screening
- Detailed estimates prior to work being performed

We offer both a Dental Membership Plan AND Pay-as-you-go payment schemes, see over for details.

## Meet Our Dental Team:



### Dr Arfan Iqbal BDS (Man) MFDS RCS Edin

Principle Dentist

Having qualified from Manchester Dental School in 2001, I began my career in the very busy referral clinics of Dundee Dental Hospital working alongside some of the top consultants in the country. Here, I developed my interest in Cosmetic and Advanced Restorative Dentistry. After obtaining further qualifications, I earned the prestigious membership of the Royal College of Surgeons in Edinburgh. Following this I have worked with several large corporates including BUPA and Colgate in providing a wide variety of cosmetic procedures, and now work here in Kendal and Manchester.



### Pinar Akman BDS PhD

Associate Dentist

I qualified to be a dentist in 2002 at the Free University in Berlin. When I qualified I went to Brazil to do some aid work for 2 months. I returned to Berlin to continue working for the next 3 years and then moved to Norway for 1 year. After this I took some time out of dentistry to complete some scientific research for my PhD but found dealing with patients was more gratifying and dentistry was where my heart was. I moved to England and immediately fell in love with the Lakes and the Lake District and decided to settle down here. I joined Sandes Avenue Dental Practice in December 2010 as the reputation of the practice was to offer and deliver high quality dental and cosmetic care to its patients. In my spare time I enjoy socialising, walking, climbing and travelling



### Jennifer Richards BDS

Dental Surgeon

I qualified in 1986 at Cardiff University Hospital of Wales, I then moved to Cumbria in 1990, settling in the South Lakes, where I have lived for over 20 years with my husband and 3 children. I have over 23 years experience in

general dental practice and have developed a relaxed yet professional approach with patients, listening to and acting upon their individual needs. In my spare time I enjoy a wide range of outdoor activities and sports.

### Dr Lorand Sass DMD

Dental Surgeon

Having graduated from Semmelweis Budapest School of Dentistry in 2002, I moved to London where I worked in general practice for 4 years. I have been working in Ulverston since and I joined Sandes Avenue Dental Practice in 2011. Recently I have completed the first year of an Msc Restorative Course at the University of Central Lancashire.

I am married with a beautiful boy, Oscar who is practicing his first words these days. My new hobby is cycling in the lakes and I sometimes return to my old hobby; singing



### Dr David Fisher BDS MFDS RCPS (Glasg)

Dental Surgeon

I qualified from Liverpool University in 1998 and then spent several years working in various hospitals in the North West, specialising in Oral Surgery and IV Sedation.



### Jacqueline Bamber EDH BA

Hygienist

I qualified in 1991 from Edinburgh University Dental Hospital. I have worked countrywide in many private practices but have now settled in Silverdale with my two daughters, 2 dogs and my cat. I ran my first marathon in January 2010 in Disney, Florida, and I love cycling, running, hill walking, interior design but am mainly a taxi service for my two teenage girls.

