

Lime Grove

Dental Health & Wellbeing

NEWSLETTER

May 2026

National Smile Month

This year 2026 marks the 50th anniversary of National Smile Month. National Smile Month celebrated between May 11th and June 11th is an annual campaign led by the Oral Health Foundation to raise awareness for oral health and encourage the public maintain health smiles.

A healthy smile doesn't just reflect your oral health, it's a powerful tool to spread positivity and brighten somebody's day. So don't forget to brush twice a day with fluoride toothpaste, floss, cut down on the frequency you consume sugar and most importantly SMILE :D



Guided Biofilm Therapy

Recently here at Lime Grove Dental we have implemented a new method of oral cleaning called Guided Biofilm Therapy. GBT is a new innovative method of cleaning teeth. Using warm water, air and a fine powder, GBT washes away biofilm (plaque) with minimal scaling for a comfortable gentle clean.

GBT is included as standard in our Denplan Hygiene and essentials packages.



Eco Friendly Practices

At Lime Grove Dental we're committed to saving the environment. We've swapped our old cleaning wipes to a plant based, plastic free and biodegradable substitute. In addition we have changed our hand sanitizer to a cruelty free, plant based gel and our hand soap to a cruelty free and vegan option. Keeping our patients safe without hurting our planet.

We also make an effort to recycle as much as we can and reduce our single use plastics where possible.



www.limegrovedental.co.uk



01629 55645



2 Lime Grove Walk, Matlock