

Lockdown November 2020

Open as usual



WE ARE OPEN FOR FACE TO FACE CARE WHICH IS UNAFFECTED BY LOCAL AND NATIONAL LOCKDOWNS. THIS IS IN LINE WITH GOVERNMENT RECOMMENDATIONS TO MAINTAIN ROUTINE AND EMERGENCY MEDICAL SERVICES.

OUR PRIORITY IS TO SAFELY CONTINUE TO PROVIDE DENTAL SERVICES SO ACCESS TO DENTAL CARE IS NOT UNDUELY DELAYED, TO ENSURE YOUR DENTAL HEALTH IS NOT UNNECESSARILY IMPACTED BY THE PANDEMIC . WE WILL MAINTAIN STRICT SOCIAL DISTANCING MEASURES AND HIGH LEVELS OF CROSS INFECTION CONTROL.

EXISTING APPOINTMENTS AND BOOKING NEW APPOINTMENTS REMAIN UNAFFECTED

November is Mouth Cancer Action Month.

Detecting cancer early is a subject close to our hearts.

Spotting mouth cancer early is crucial for beating the disease.

Early detection boosts the chances of survival from 50% to 90% while also dramatically improving a person's quality of life.

Be sure to attend for your regular check ups to allow us to screen for oral cancer.

Be mouth aware. If you have any ulcers that do not heal within 3 weeks, any white or red patches in the mouth, lumps or swellings in the mouth, head or neck, get them checked.

If in doubt, get checked out

The earlier we can catch mouth cancer the better chance we have to beat it.

Regular dental visits are vital in spotting mouth cancer as soon as possible.



www.mouthcancer.org
#MouthCancerAction



Have you considered our Denplan Options? We are keen to provide great value care and offer monthly payment plans which are 10% less than the local average. Ask at reception for details.

Looking after your Mouth if you are Unwell

If you have a cough, cold or sore throat, choose sugar free lozenges and throat syrups as prolonged sucking of sugared cough drops can contribute to dental decay.

If you have an illness, viruses and bacteria can live on damp surfaces for up to 72 hours so don't share your toothbrush!

Honey and lemon may be a home remedy for sore throats but remember these can damage your teeth if consumed regularly over long periods.

When you are ill it is important to stay hydrated, choose water or sugar free squash to protect your teeth. A blocked nose may mean you breathe through your mouth or some medications may also cause a dry mouth which is then more susceptible to tooth decay. Make sure to keep up your tooth brushing and interdental cleaning with a fluoride toothpaste and limit sugary snacks. If when you feel ill you may struggle with gagging and therefore find brushing and flossing more challenging. Some people find their gag reflex gets easier as the day goes on, if so, brush as best you can in the morning, and leave the more thorough dental hygiene routine such

as interdental brush use or floss until the evening.

If you have vomiting, you may want to brush your teeth immediately but be aware that the stomach acids can weaken the enamel so it is best to rinse with a fluoride mouthwash instead and leave brushing for at least 30 minutes.



For heaps more tips, preventative advice and to stay in touch, follow us



Dangerous DIY Dental Hacks on TikTok



The Oral Health Foundation is becoming extremely concerned for the safety of some TikTok users, following a rise in the number of influencers posting dangerous DIY dental advice.

The charity estimate that bogus health advice has been seen by more than 20 million people on TikTok and if replicated, could cause severe and long-term damage for a person's mouth.

They have drawn attention to 4 of the most recent ill advised hacks which should not be followed: Taking a shot of apple cider vinegar, rinsing with hydrogen peroxide, rubbing banana skin on the teeth and DIY filing down of uneven teeth.

We encourage our patients, particularly our younger patients who may be influenced by social media, to follow us on Instagram, Twitter or Facebook where we regularly post information to counter dangerous bogus advice and they can ask us questions. Please ensure you and your family understand the risks. Seek professional advice from your dentist or hygienist before taking any steps that could affect the health or cosmetic outcome for your teeth. You can talk to us at check-ups, email us or talk to us through our social media platforms.

Practice News

Our Dental Nurse Julie Drummond retired in the summer. Julie has worked alongside Cathy for over a decade. We will miss her.

Cathy had time off in August and September for surgery which was very successful. She is back in clinic working her normal hours and feeling well with just a short spell of further treatment scheduled for early December through which she will work part time. She would like to thank all her patients and staff for their understanding and incredible support.

