

## Online Booking and Patient Portal



We have recently invested in exciting new software and touchscreen 'clinipads' for the practice. This will offer you convenient online booking, email and text reminder services and the facility to update your details directly electronically.

Do you still prefer a friendly voice at the end of a phone? Don't worry, it will not replace the personal service provided by our reception team, they will still be there to arrange appointments and help out in the traditional way!

The implementation of the software has proved a bit bumpy so sorry for any hiccups along the way, we are still feeding back to our software providers to get the system running to your and our satisfaction.

Sugar frequency is the most important factor when it comes to preventing tooth decay. We commonly get asked for inspiration for snacks that avoid sugar.

- ◆ Fresh fruit: bananas, grapes, mango, kiwi berries etc. Be vary however of dried fruit such as raisins, purees and smoothies, these are more risky for the teeth so restrict to mealtimes.
- ◆ Houmous and veg sticks such as carrots, mangetout, baby corn etc
- ◆ Nuts
- ◆ Plain popcorn or rice cakes
- ◆ Toast with butter, marmite, cheese or sugar free peanut butter,
- ◆ Crackers and cheese. Stick to water biscuit type crackers, others can be quite sugary, check the packaging.



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.

**With cold and flu season upon us, here is some advice on how to look after your mouth when you are not feeling well.**



If you have a 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



It is a real boost for the team to get positive feedback. If you are happy with what we do, please help us build up on our profile online by giving us a quick review on Google.

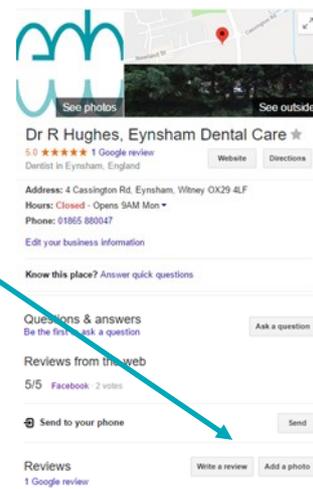
Equally if there is anything you think we can do better, please give us the opportunity to improve and fill in one of our comment slips in the waiting rooms. Thank you

When Cathy enquired 'Are you willing'  
That I give your sore tooth a nice filling?'  
I replied, ' Ah, yes please,  
To give it some ease'.  
And she did it so well, it was thrilling!

And it might have been very much worse,  
But Cathy had such a good nurse  
So that's why I choose,  
By consulting my muse,  
To thank them both kindly in verse



5.0 ★★★★★



Thank you to one our patients for this lovely feedback in verse!