



dental**solutions**

April 2021 Newsletter

We are glad to gently be easing back into normal practice, starting to see patients for routine check-ups and treatment again, however we still have strict measures in place to ensure you are as safe as possible during your visit to our practice.

Over the course of the summer, we are expecting to see further gradual changes back towards normality and we hope to keep you updated as we learn more.



As the practice slowly starts to get busier we kindly request that all of our patients still abide by social distancing rules and wear face coverings in order to minimise the risk of COVID-19



New Management!

Dr Shah, the owner and principal dentist at Dental Solutions, has taken the practice from a one chair surgery nearly 30 years ago, and has grown us into a very successful, six surgery, multi-speciality practice.

From May 1st, Dr Shah will be passing management over to Roderick's Dental who will be taking ownership of the practice. Roderick's Dental are a large expanding company with a wealth of skills and knowledge in providing excellent dental care through both NHS and private dentistry. Roderick's will continue build upon Dr Shah's success and develop the practice even further.

What changes will we see?

Do not worry, there will very little change seen at the practice.

All current staff will remain at the practice and work in their usual way. Although no longer owning the practice, Dr Shah will continue to play a key role working at the practice, continuing to see his patients.

There will be a short transition period within the month of May, where you may see a couple of unfamiliar faces around, however we will continue to treat our patients as normal.

If you have any questions about the changeover to new management, please do not hesitate in contacting our team to discuss these.

COVID-19 Updates

To ensure your own safety as well as the safety of staff and other patients:

- If you are experiencing any COVID symptoms, please do not attend and make sure you call to cancel your appointment
- Sanitise your hands on arrival, wear face mask at all times and maintain social distancing
- Do not arrive early for your appointment or you may be asked to wait outside
- Only attend the practice if you have an appointment – if you wish to make an appointment you must call us
- Please attend appointments alone where possible
- If booking your children in together, it is only possible to book maximum 2 at one time

New Staff Announcements

As part of our plan to slowly see more patients and start to re-introduce treatments we are pleased to welcome Dr Sana Rahim, our new dentist at the practice!

Dr Rahim will be providing a wide range of treatments and particularly enjoys dealing with anxious patients and children with her kind approach.



We also welcome new receptionists to our team; Saira, Rimsha and Shaheen. Our three new friendly faces have lots of experience in the dental field and are available to warmly greet you at the practice and answer any queries you may have.

Commonly asked Questions:

(Answered by our Dentists)

Why is there a long wait for my treatment?

Certain procedures that require the use of water (e.g. cleaning, fillings, root canal treatment, crowns etc) are considered Aerosol Generating Procedures (AGPs) and these increase the risk of COVID-19 transmission. After carrying out an AGP, we have to vacate the room for 30 minutes to allow the air droplets to settle to the surfaces, before performing a deep clean of the surgery. Therefore, due to increased time requirements, we can only perform a limited number of these procedures each day and the waiting list is increased for non-urgent treatment.

Why am I only being offered hand scaling on the NHS?

Due to reasons mentioned above, we are only able to offer hand scaling on the NHS at current due to the limited number of AGPs we can carry out. If you wish to have a thorough cleaning with the hygienist using the water scaler, this would be offered privately only. If the dentist feels you have a lot of tartar build up and they are unable to offer hand scaling, they may suggest you book an appointment with the hygienist.

TOOTH WHITENING

Tooth whitening can be a very effective way of lightening the colour of your teeth without altering or damaging the tooth surface

HOW WHITENING WORKS

In order to lighten your teeth, a carefully controlled concentration of bleach solution is applied to your teeth. This solution is then broken down inside your teeth and releases oxygen which breaks down the dark pigments in your teeth, making them appear lighter.

There are different methods to apply this bleach, but most commonly the dentist will provide you with a custom-made tray to place the bleach in and use at home. Alternatively, it is possible to have your whitening provided within the surgery (power bleaching) which will usually have quicker results, however, may mean longer dental appointments and increased cost.

Whitening is preferred to alternatives such as veneers or crowns as it does not involve permanently altering your teeth.



Custom-made whitening trays



Power bleaching



SIDE EFFECTS AND SAFETY

Although tooth whitening is generally a safe procedure it does come with some risks, therefore it is important to only have whitening through a trained dental professional.

Experiencing some sensitivity during your whitening treatment is completely normal and can usually be controlled with sensitive toothpastes etc. This sensitivity usually subsides shortly after finishing your treatment.

WHO CAN WHITEN MY TEETH?

By law, only dentists and other members of their team are allowed to carry out tooth whitening. It is illegal for others, including beauticians, salons etc to carry this treatment out as whitening has the potential to cause permanent damage if not done correctly. This is due to trained dental professionals having the correct knowledge and training to provide whitening safely that others will not.



OVER THE COUNTER WHITENING e.g. whitening strips

Whitening provided at the dentist involves a carefully controlled concentration of bleaching solution whereas with products purchased online/over the counter have not had their safety assessed and therefore should not be used. The concentration of bleach legally allowed to be included in these products is also too little to be effective.

Often these products have poor results and may result in damage including burning and blistering of the lips and gums.



HOW CAN I GET WHITENING?

It is important to have a first have a careful assessment with your dentist who will check the health of your teeth and gums, before deciding on the most suitable treatment option to achieve your desired result.

They will discuss with you the level of whitening you would like, roughly how long it will take to achieve the desired result, and the best method to achieve this.

Call our practice today for more information on whitening, or to book your assessment.