



dental solutions

August 2020 Newsletter

Our first month open after lockdown has gone smoothly and all treatments and procedures have gone successfully!

We again would like to thank you all for your co-operation and patience through these unprecedented times helping our practice run as smoothly as ever.



AGP (aerosol generating procedure) is any procedure that generates aerosol – this includes:

- Some fillings
- Root canal treatment
- Surgical extractions
- Crown and Bridge work
- Hygiene appointments (cleaning and scaling)



Appointments may be a lot longer than usual and will only be booked at certain times – the room is out of use for 1 hour after the procedure to clean and disinfect the surgery.

We have worked hard at sourcing the correct PPE for our dentists as well as you!

Patients will be given a disposable gown as well as disposable shoe covers.



We suggest coming alone, as the other person must also wear PPE and the risk of exposure is reduced for patients and dentists.

There are still no toilet facilities in the practice and patients should not use mobile phones while in the surgery.

We are making sure we use the full required PPE to ensure the safety of you and the dentists.



Booking Appointments



Due to our limited ability to provide service to everyone, we are prioritising patients who require urgent treatment and emergencies.

We hope you understand that pre-booked appointments may be cancelled as we cannot fit in as many appointments as usual – space may also be needed for emergency patients.

When booking appointments, please try and save regular checkups for the end of the year.

We suggest that patients with health issues, are vulnerable or old schedule appointments for the morning, as there will be no aerosol (a potential hazard) in the morning.

More Dental Information (COVID)

We feel that the whole of the dental profession has been subject to some poor advice and feel let down by our regulators. We therefore request your patience as we are always trying to adapt to new regulations and provide the smoothest service for you.

We are currently not taking on more NHS patients due to the adjustments that we have had to make.

Commonly asked Questions:

(Answered by our Dentists)

Am I safe to visit the dentist?

We have put in place all measures recommended by the British Dental Association to ensure that your visit to the practice is as safe as possible. We have special PPE in place to protect ourselves and you while treatment is proceeding.

Are waiting times longer?

At present the waiting time is longer as we are giving priority to urgent treatments and those in pain. In addition each appointment is longer as we ensure all cross infection control measures are in place during and in between each patient being seen.

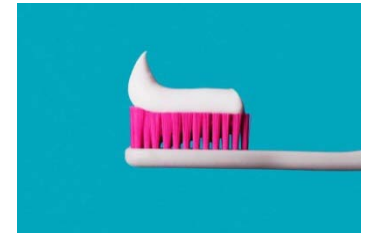
Looking After Your Teeth at Home during Lockdown

During these unprecedented times, we are advising that regular checkups be booked near the end of the year – a long time! Therefore, we advise to maintain high levels of oral hygiene to reduce your stress about coming in!

1 – Brush your teeth twice a day

This may seem like an obvious one, but the importance of this cannot be stressed enough. Dislodging plaque prevents decay of the teeth. Furthermore, it can protect the gum from diseases, and is the staple for oral hygiene.

However watch out for a few things: Brushing straight after a meal can cause tooth erosion – most of the food we eat is acidic and can soften the enamel on your teeth. Understandably, you want to keep your teeth healthy, but be careful of over brushing, as this can harm your gums and enamel, and cause cavities.



2 – Use Fluoride Toothpaste and Floss

Getting fluoride into your mouth through either a fluoride toothpaste or fluoride mouthwash helps to increase the strength of the developing enamel and resists the acidic attack of bacteria in the mouth.

Flossing ensures that the mouth is completely clean. Although brushing your teeth is extremely important, it is important to floss once a day to remove plaque from every nook and cranny. This lodged plaque can otherwise lead to gum diseases, cavities or enamel erosion.



3 – Try to be more careful with your diet and reduce sugar intake

Although a treat to most, sugary foods can damage (rot) the teeth when its sugars combine with the saliva and bacteria present in the mouth. This leads to the formation of plaque, which releases acid onto the teeth. This can dissolve enamel and be a cause for cavities.

You should consume greater quantities of vegetables and if you ever drink fizzy drinks or boxed fruit drinks, be sure to use a straw to bypass the teeth.

It is harmless to eat sugary treats but make sure you don't eat them too often.



4 - Try to consume less alcohol and smoke less



Many bad oral hygiene issues develop because of excessive drinking. These include the staining of the teeth, cavities and a reduced flow of saliva. This reduced flow of saliva helps bacteria cling to your teeth and cause damage to them and the gums, and can also lead to bad breath.

Smoking is equally as bad – As well as general health risks such as cancer, you risk discolouring your teeth or losing them, bad breath, inflammation of the gums.