



dental**solutions**

November 2020

As the areas of London and Essex move into Tier 2 of the new nationwide lockdown scheme, we at the practice are still following very strict guidelines to keep you and the customers safe.



This means that we still request that our patients still abide by social distance rules and wear face coverings, toilet facilities are still not available, and we still suggest coming alone and waiting in a car as to minimise contact.

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November 2020 Issue

As another part of our plan to start seeing more patients, we are pleased to welcome Dr Prem Nair as a new Surgeon at the practice! Dr Prem Nair is a highly experienced oral surgeon able to carry out procedures new to the practice.

He is now able to offer Intravenous sedation within the practice for more complex procedures and for those who are more nervous, as well as bone grafting, sinus lifting, complex implants and same day implants. He is also able to carry out consultations regarding facial pain and TMJ issues.

Dr Prem Nair is now available on appointment basis

New Changes to the timetable

We are slowly starting to return to full capacity – we are now open full days on Saturdays and late nights on Thursdays.

Previously after AGP treatments (e.g. fillings, root canal treatments and surgical extractions), we were not able to use the room for 1 hour due to cleaning and decontamination – this time has been reduced to 30 minutes in order to be able to see more patients while still maintaining high levels of hygiene and safety.

Unfortunately, we will be not be starting check-ups until January due to the large amount of work and urgent treatments needed to be carried out

Furthermore, NHS exams are still unavailable due to other more urgent treatments.

Staff Announcements

We are pleased to welcome our new receptionist, Kundan, to the practice. Kundan has over 20 years of experience in administration and will help our reception team during these busy times

We would also like to welcome back our hygienist Dr Salma Simmons who resuming hygienist appointments on Saturdays

We would also like to say goodbye to Dr Poonam Julka, a long-standing associate at the practice. She has completed a number of specialist courses over the years to assist our patients. We wish her all the best in the future



Be sure to follow our Instagram to keep up with latest updates and news within our practice - @dentslsolutionsilford



Commonly asked Questions:

(Answered by our Dentists)

Do you offer implant consultations?

We offer complementary implant consultation to our existing patients if you are deemed suitable for an implant, and for new patients we offer consultation on a £20 refundable deposit

Do you offer finance?

Yes – we offer interest free finance plans on treatment exceeding £1000. Treatments that exceed £2000 can have a prolonged interest free finance manager> Please speak to our practice manager Dhivya regarding this

What toothbrush is best?

With a huge range of toothbrushes available to buy, it can get confusing which one to buy to best preserve oral hygiene. During these unprecedented times, check-ups are not being scheduled, therefore it is best to maintain oral hygiene to alleviate stress about coming in.

Manual or Electric?



Manual toothbrushes are cheap, easy to use and affordable. They have been around for a long time and can provide effective cleaning of the teeth and gums. However, using a manual toothbrush means that you may not be brushing for long enough as there is no built-in timer – studies also show using a manual toothbrush causes people to brush too hard.

Electric toothbrushes are generally more efficient at moving plaque and helping reduce gingivitis – they are also better for limited mobility, such as people with arthritis. They have built in timers and pressure sensors meaning that you will be brushing for the right time and not harming your teeth. However, they can sometimes be quite costly.



The Oral B IO9



The Oral B IO9 is the best that the dental care industry has to offer – the best toothbrush on the market.

It offers:

- Oral-B's best clean ever with revolutionary magnetic iO technology for a professional clean feeling and gentle brushing experience.
- Combines the unique round brush head from Oral-B with gentle micro-vibrations.
- 3D Teeth Tracking with A.I to monitor your brushing across the front, top and back surfaces of your teeth; guiding you to your most thorough possible clean.
- 7 Smart Modes to personalise your brushing: Daily Clean, Sensitive, Gum Care, Intense Clean, Whitening, Super Sensitive, Tongue Cleaner.