



dental solutions

September 2020 Newsletter

We are pleased to announce that service has been running extremely smoothly over the last month – our re-introduction of AGP (Aerosol Generating Procedures) have gone to plan and we have successfully been able to see patients with a wider variety of treatments.

In September we have a couple of more changes as we start to ease the practice slowly back to normal service.



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



As part of our plan to slowly see more patients and start to re-introduce treatments our oral surgeon, Dr Amar Kanzaria, is back. We will therefore now be able to carry out difficult extractions, certain surgical procedures and wisdom teeth removals.



We are now also scheduling more hygienist appointments, and plan to

increase the frequency of these appointments. Before our COVID-19 closure, hygiene appointments were scheduled two half day Saturdays per month, however we are now increasing this to three full Saturdays per month, and late night until 8pm every Thursday, to ensure we see as many patients as possible. From the start of September, we are also resuming late nights on Thursday for regular scheduled appointments.

Due to the COVID-19 Pandemic, the waiting list for orthodontic appointments has increased from 2 to 3 years. However, the practice offers a kids and teens service for orthodontic appointments. Patients can start their treatment immediately with the reduced price of £1850 from £2500 for private orthodontics. We also offer two years interest free credit.

Introducing new Dentair Air Purifiers in the Practice!

For the safety of our dentists and our patients, we have invested in a new air purification system. One mouth alone can be host to over 350 kinds of pathogens, which can float in the air for hours. The high-performance Dentair system uses the very latest and trusted technology in air purification to eliminate

Contaminants in the room, quickly and effectively. Dentair offers the highest levels of air purification for our practice, reaching over 99.99% sterilisation rate.

Here at Dental Solutions we pride ourselves in the welfare and safety of our patients, and this is just one of the many adjustments we have made to keep you and our staff safe.

New Staff Announcements

We are pleased to welcome our new foundation dentist, Dr Rebecca Ridout, who will be starting soon.

Our current foundation dentist, Dr Rejana Jayakumar has finished her foundation year, and is continuing on as a dentist at the practice. Patients who see her will still be able to twice a week.

Commonly asked Questions:

(Answered by our Dentists)

Why haven't I been seen yet?

We appreciate and understand that there are many patients that would like appointments however we are currently trying to see patients with more urgent treatments and trying to fit as many patients in within our COVID-19 limits

Is scheduling appointments any different?

We are currently trying to deal with a large number of patients with urgent treatments and appointments that have been cancelled over the past few months, therefore normal checkups may have to wait a while. However, our dental reception team are happy to schedule more urgent treatments, although the wait may be a bit longer.



Reducing Bad Breath

Bad breath is a very common problem that can often be embarrassing. This can often come from poor oral hygiene, or an oral disease. Luckily, bad breath can usually be treated very easily at home – here is our guide to improve your breath!

1 – Brush your teeth twice a day and floss

Brushing your teeth twice a day may seem obvious, but this is the cornerstone of oral hygiene, and the main way to prevent any oral diseases causing bad breath. Brush using fluoride toothpaste, as these toothpastes with antibacterial properties are shown to reduce bacteria causing bad breath odours.

Flossing also removes smaller food particles and plaque from your mouth which may be causing the bad breath.



2 – Brush your tongue

Your tongue harbours bacteria which may be causing the bad breath; therefore brushing your tongue may reduce the amount of these bacteria. People may have a coated tongue (of bacteria) due to a dry mouth or smoking. These people may benefit from a tongue cleaner or a toothbrush with a built in tongue cleaning mode.

3 – Clean Dentures or dental appliances

If you wear a bridge or denture, clean it thoroughly once a day or as directed by your dentist. If you wear a mouth guard or retainers, clean them each time before you use them. Your dentist will recommend the best way to clean them.



4 – Avoid dry mouth

Try to keep your mouth moist. Drink water, instead of coffee, soft drinks or alcohol which may make your mouth drier. Chewing gum or soft gummy candies can stimulate more saliva production, leading to a moister mouth. If you have a chronic dry mouth, visit a dentist.

5 – Adjust your diet

Foods such as garlic and onions cause bad breath, so try to avoid these. Furthermore, sugar is also linked to bad breath.



6 – Schedule Regular Dental Appointments

Be sure to schedule regular dentist appointments – usually about twice a year to have your teeth examined and cleaned. They may also diagnose any diseases linked with bad breath.