



Newsletter



Issue 27 Spring/Summer 2021

Welcome to the next edition of our practice newsletter. As well as keeping you informed of any changes happening at the practice, there is also some helpful information on some of the services we offer.

Your new patient journey

Your safety is important to us, and as we slowly ease out of lockdown (hopefully!) we want to reassure you that patient safety remains our top priority.

With the vaccine roll-out going well, COVID cases going down, and with the national alert level decreasing, we have been able to relax some of our additional measures.

You will notice that the front-door is now open, and we would ask that patients only come in to the practice if they have a pre-booked appointment.

Please ensure that you are wearing a face-covering (unless exempt) and sanitise your hands before coming up to reception.

The barriers, signs and floor markings will assist you in making your way to the wall-mounted thermometers which will check your temperature, and the reception team will then invite you to take a seat.

The reception team will continue to contact you the day before your appointment to check that you, and the people you live with or come into contact with are not displaying any coronavirus symptoms, and that you have not been outside of the UK in the last two weeks. We are now doing this using text messaging wherever possible.

We ask you to respect the social distancing measures in place throughout the practice.

We apologise that we are still unable to offer reading material or drinking water while you wait.

The clinical team will still be wearing additional items of Protective Personal Equipment (PPE), and the practice is equipped with air purifying units

which kill 99.99% of airborne viruses & bacteria within minutes.

If you have any questions about the steps we have taken to keep you safe in our practice, please ask a member of our team.

Wedding Congratulations!

Huge congratulations to Charlotte and Seb on their wedding day – albeit a year later than expected, and with fewer guests than anticipated!

We wish them a lifetime of happiness together.



Charlotte and Seb on their wedding day

Electric toothbrush or Manual Toothbrush?

New data shows that nearly 12 million people in the UK have switched to an electric toothbrush in the last 5 years. Around two-in-three adults now use an electric toothbrush!

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation, believes as the science behind the advantages of electric toothbrushes mounts, the decision whether to invest in one becomes much easier. Dr Carter says: “The strong and clear evidence is that electric toothbrushes are better for our oral health. “Electric toothbrushes, especially those with heads that rotate in both directions, or ‘oscillating’ heads, are more effective at removing plaque than a manual brush. This helps keep tooth decay and gum disease at bay”.

Other electric toothbrushes use a sonic sweeping motion which is also shown to be very effective at removing plaque.

Many electric toothbrushes also have pressure sensors incorporated into their design which help to ensure the correct pressure; to optimise plaque removal and avoid trauma to the mouth.

The majority of models also have timers which guarantee that each toothbrushing session is carried out for the correct two-minute duration.

Recent data in the Journal of Clinical Periodontology, found that electric toothbrushes led to 22% less gum recession and 18% less tooth decay over an 11-year period.

Our team of hygienists and oral health educators are always happy to discuss and demonstrate the correct use of electric toothbrushes and other oral health aids.



Top Tip: - After brushing for two minutes with a fluoride toothpaste (twice daily), remember to spit the toothpaste out, but do not rinse it away with water. This technique enhances your level of protection and reduces your chances of tooth decay by approximately 14%.

If you have any questions about the electric toothbrushes that we stock, please ask a member of our team.



Have you switched to an electric toothbrush?

Careplan and Maintenance plan options

The practice continues to offer a wide range of dental payment plans to help enable you to budget for your dental treatment.

Our payment plans remain the best way of allowing you to budget for your dental treatment, and continue to offer value for money as well as helping you to avoid unexpected bills. Monthly fees start from as little as £18.14 per month.

If you are interested in joining one of our dental payment plans please do not hesitate to ask your dentist who can advise you of the most suitable option for you and how much your monthly premium would be.

Children’s plans start from only £3.65 per month, and there is no registration fee for children joining our payment plans.

And finally, we sincerely hope that you and your loved ones continue to stay safe and well, and that brighter times are just around the corner.

