

HILTON DENTAL PRACTICE NEWSLETTER

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Welcome to our practice newsletter. We hope that everyone found our first newsletter, which was sent out with your recall reminders, both informative and enjoyable to read.

We all found it a lot of fun to do and we hope to continue producing future issues on a regular basis. Our aim is to keep you up to date with any changes within the practice.



Snoring - The A to Zzzzzzzzzzz...

If we are to believe the media snoring can have a large influence upon our life and our relationships. For those affected, the lack of sleep can lead to irritability and drowsiness during the day.

Common causes for snoring are smoking, alcohol, airway obstructions and weight gain (often seen in men as an increase in shirt collar size).

In severe cases, where the airway is completely blocked, the heart and brain can be stressed by the lack of oxygen and surgery may be indicated. An alternative treatment involves the sufferer wearing a device at night that forces air along the airway to maintain its patency.

For the moderate sufferer a dental device worn at night can help position the lower jaw further forward. As we sleep our muscles relax and the airway can become narrowed by the tongue falling backwards. An anti-snoring device will hold the lower jaw forward and as the tongue is attached to the jaw, the airway is maintained. Studies have shown that holding the jaw in this position over night has little effect upon the teeth and jaw joints.

At the practice we can arrange to have an anti-snoring device constructed on a individual basis. If you require further information please do not hesitate to ask at your next visit.

95% OF ADULTS SUFFER FROM GUM (PERIODONTAL) DISEASE - AS DO 85% OF DOGS AND CATS

79% OF ADULTS SUFFER FROM BLEEDING GUMS

88% OF ADULTS HAVE TARTAR BUILD UP ON THEIR TEETH.

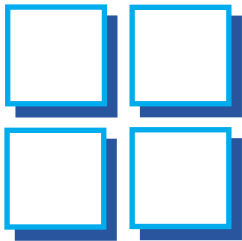
Practice Hours

Mon	09.00	-	17.30
Tues	10.00	-	19.00
Wed	09.00	-	17.30
Thur	09.00	-	17.30
Fri	09.00	-	17.00

TRIALS OF A VACCINE AGAINST TOOTH DECAY ARE ON GOING - IT COULD PROVIDE PROTECTION FOR UP TO A YEAR AND WOULDN'T REQUIRE INJECTIONS.



Denplan



Bleaching - Tooth Whitening

Tooth Whitening can be a highly effective, yet simple method of lightening the colour of your teeth.

It is a non-invasive treatment.

Tooth Whitening can NOT make a colour change but it WILL lighten the existing colour of your teeth. Any restorations (fillings/crowns) will not change in appearance and may need replacing to match the new shade of your teeth.

Procedure

An impression of your teeth is taken, so that an individual bleaching tray can be made. 10days- 2wks later you collect the tray and the dentist will give you instructions in the use of the tooth whitening gel. You then wear the tray with the gel in overnight (for quick results) or in the evening while watching television or reading.

You will be monitored by the dentist at 2wk intervals, they will note the shade of the teeth and you will be given more gel as required.

How long will it take?

Depending on the degree of staining you have, it can take anything between 2 - 6 weeks. But it can take up to 6 months if the staining is very bad.

Any Side-effects?

The technique for bleaching teeth was first used to help with the irritation of gums during orthodontic treatment. The lightening of teeth came as an added bonus. It is considered very safe.

Sensitivity to hot and cold can sometimes increase during the bleaching treatment. This can be controlled by using the solution on alternate days and applying a desensitising toothpaste.

It is recommended that smokers refrain from smoking for 3 weeks before beginning bleaching and also during the course of bleaching.

We cannot provide a course of bleaching during pregnancy due to a

lack of current information.

How long will it last?

This depends upon diet and degree of staining (what caused it) or what you do (i.e. go back to smoking etc.) Results last about 1 year on average but can be much more - every patient is different.

Cost

£100 basic fee per arch (upper or lower), plus £5 per syringe of gel. (On average 10-15 syringes will be required)

Top Up Cost

£5 per syringe of gel required to lighten again. Normally only a short course is required.

300 SPECIES OF BACTERIA ARE FOUND IN THE MOUTH, THEY CAN NUMBER AS MUCH AS A THOUSAND BILLION WHEN OUR MOUTH ISN'T BEING CLEANED SUFFICIENTLY!!!

Teamwork

On a snowy day back in November, all of us attended a course in communications. Some group work and even some 'tests' to reveal our personality traits, strengths and weaknesses led to an enjoyable day.

We were pleased to be told that we had all the right personality types to make up an efficient team. - So no excuses then??

Feedback

We are all proud of our work and strive to continue offering high quality treatment and advice.

However, like any other organisation, we cannot be perfect all the time and if you feel we have let you down in any way, please let us know and we will do our best to try to resolve the situation.

We are always open to suggestions and constructive criticism and would be pleased to hear from you.

AN AMERICAN STUDY SHOWS THAT CHILDREN WHO'S PARENTS SMOKE, HAVE MORE TOOTH DECAY, THAN CHILDREN OF NON-SMOKERS.

Investors in People

Any one who received the last newsletter may have noticed that we were recognised by Investors in People Scotland last year.

Apart from there being another plaque on the surgery wall you may have been wondering what this has meant to the practice.

The Investors in People standard



centres about 4 principles - Commitment to Development; Planning aims and objectives; Action; Evaluation of any action. These principles can be utilised within any business setting - from multinationals to individual local businesses. We have always had regular practice meetings which everyone attended, however, Investors in People allowed us to formalise these meetings. We discuss practice protocols, future objectives and the need for further resources or training to achieve these objectives.

We would like to take this opportunity to thank Karen Kinnear of Grampian Enterprise for her help in getting us through the recognition procedure.

THE AVERAGE PERSON BRUSHES THEIR TEETH FOR ONLY 37 SECONDS EACH TIME.

14% OF US THINK OUR TEETH MAKE US UNATTRACTIVE AND 18% ARE SO SELF CONSCIOUS OF OUR TEETH THAT WE REFUSE TO BE PHOTOGRAPHED.

Newsletter Edited
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& Jill Mitchell