

Word of Mouth

Questions questions...



You will have no doubt noticed that you are asked at every appointment to fill in a medical history form. Cue groans!

While some patients may find them irritating, we would like to reassure you that they are important, so please take your time and consider your responses when filling them in.

Treating you safely

To allow us to treat you safely we request that you tell us about your medical history, any medication you may be taking and whether anything has changed medically since the last time you visited.

Spring 2017

And by anything, we mean anything. This includes any medical issue that has affected your whole body – not just your mouth or from your neck upwards. Recently, a patient forgot to mention that he'd had a pacemaker fitted. He didn't think it was important because it had nothing to do with his mouth.

But pacemakers can be affected by the ultrasonic machines used by dental hygienists. Fortunately he wasn't seeing the hygienist that day and his lapse of communication was picked up, so everything was fine.

Medication

When we say medication this includes the contraceptive pill, inhalers, antibiotics, bisphosphonates, over-the-counter medication and recreational drugs. Certain medications can affect your dental health and the treatments available to you, as well as affecting the way other drugs work.

Some medical conditions and the medication prescribed for them can affect your mouth even if the illness has nothing to do with it. Cancer medication can cause a dry mouth because it affects the amount of saliva produced. Saliva plays an important role in preventing dental decay, so please let us know if you feel your medication is causing a dry mouth, so that we can keep an even closer eye on your dental health.

Your medical history form is not just filed away; it is scanned, recorded and referred to if there is a problem. If you have any concerns or doubts, please just ask or contact us and we will be happy to explain.

Save & smile!

Practice Membership available

Invest in your oral health

Commit to get dentally fit by joining Practice Plan dental health membership at Goldsworth Road.

Spread the cost of your routine dental and hygiene care by paying in monthly instalments - and enjoy a host of benefits such as 10% discount on treatments, worldwide dental insurance, free emergency appointments and more...

Please ask us for details.



£50 off whitening!

Our Practice Plan members can now enjoy £50 off tooth whitening.

But hurry - offer ends 30.06.17

T&Cs apply - ask us for details

Spotlight on - brushing tips

Are you teaching your children the correct tooth brushing techniques?

Chances are you taught your children how to brush their teeth and your parents taught you. But have you ever been shown how to brush your teeth by a professional? Could you be passing on bad habits to your children that they could pass onto theirs?

We are very keen to explain the gold standard in tooth brushing and we encourage you to ask us for guidance.

The best advice is to brush your teeth twice a day for a minimum of two minutes with a fluoride toothpaste. You should brush your teeth before you go to bed and at one other time during the day.

We strongly advise that you time how long you brush for because it is difficult to guess how long two minutes is. Research suggests that people tend to underestimate, often stopping brushing at just under a minute and a half if they don't have a timer.

Imagine your teeth are divided into four



areas and spend 30 seconds brushing every surface of every tooth in that quadrant. Most electric toothbrushes now come with a timer and the best ones will beep every 30 seconds to let you know when to move on to the next quadrant of your mouth.

When using an electric toothbrush, don't use it as you would a manual toothbrush. Use a rocking U-shaped motion to brush from the outside, the biting surface and

the inside of each tooth before moving onto the next.

The smaller heads are specially formulated to get right in between each tooth to ensure as much tooth as possible is cleaned. Research has found that electric toothbrushes are better than manual for keeping our teeth healthy.

Some other things to remember are:

- Spit don't rinse after brushing as rinsing dilutes the fluoride in the toothpaste.
- Don't gargle with mouthwash immediately after brushing as this too washes the fluoride away.
- Change your toothbrush every 3 months or when the bristles start to splay as they harbour bacteria.
- Leave an hour after eating before brushing to ensure you don't brush away miniscule particles of enamel.

Interdental brushes are fantastic for cleaning in the gaps between our teeth. Ask your hygienist which size of brush she recommends for your mouth and if you have any doubts about how, when and how often to use them, please ask.

Do your teeth look a bit see-through?

Are your teeth starting to appear a little translucent? Are you experiencing sensitive teeth? You may be suffering from dental erosion.

Dental erosion is the loss of tooth enamel caused by acid attack. When the enamel is worn away, the tooth can appear more translucent and the soft dentine underneath is exposed, which can lead to pain and sensitivity.

If this sounds familiar, please contact us. We will be happy to help and can also provide dental hygiene and diet advice.

What causes dental erosion?

Every time we eat or drink anything acidic, the enamel on our teeth becomes softer for a while and loses some of its mineral content.

Our saliva slowly neutralises the acidity in our mouths but if acid attacks happen too often, our mouths do not have the chance to restore their natural balance. This means that tiny particles of enamel can be brushed or worn away and over time we start to lose the surface of our teeth.

Erosion advice

- Avoid tooth brushing for about one hour after drinking acidic drinks.
- Limit the consumption of acidic foods and drinks to mealtimes.
- Avoid acidic drinks in between meals and especially at bedtime. Milk or water are the best in between meals drinks.
- Drinking through a straw may help to reduce tooth erosion.
- Chew sugar-free gum after eating to help produce more saliva.

Goldsworth Road Dental Centre

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Opening hours
Mon: 8.00am - 5.00pm
Tues: 9.00am - 6.30pm
Wed: 9.00am - 5.00pm
Thur: 9.00am - 5.00pm
Fri: 9.00am - 4.00pm
Sat: by appointment only

www.goldsworthroaddental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

Did you know?

Welcome back

After successful visits of the stork in our practice, Gurpreet has already returned after having her twins and Felicity will return in April after spending valuable time with her little daughter.

A big thank you

We would like to thank all of our patients who have taken part in our petition in regards to HPV Vaccinations for boys in Britain. All signatures were passed on to our local MP Jonathan Lord who has since been in contact with the Department of Health to share our views.

Cancellations

Please remember to give at least 24 hours' notice to cancel a dental appointment. Cancellations should be made by telephone on: 01483495303. There is a fee for private dental appointments that are missed or cancelled with less than 24 hours' notice. The fee is based on the length of the appointment.