



Children welcome

We recommend bringing your child to see us from 12 to 18 months old, or as soon as the front teeth erupt.

This allows us to identify any dietary or dental problems very early on and can prevent more complex procedures later. Attending from an early age helps children become comfortable with the environment and get to know our child friendly team.

Our spacious waiting room is well-equipped with a TV, books and a colourful fish tank. In the surgery, the TV on the ceiling allows children to watch their favourite channel whilst in

the chair. Small children can lie back on their parent in the chair until they feel able to sit on their own, or they can sit on parent's lap – we are very flexible.

We can offer advice on diet, tooth brushing, toothpaste and preventive treatments available. If your child is prone to decay, we offer fluoride varnish applications to help protect their teeth.

At our practice children receive FREE NHS dental treatment until the age of 18 (or 19 if in full time education).

For more information or to book an appointment, please call us on 020 8337 1168.



Keeping connected

Why do we use social media?

Whether online or at the practice, we want to make it easy for you to connect with us and vice versa. We value open and honest communication and the trust this brings.

It's great to talk with you when you attend your appointments but often we only see you once or twice a year. Due to this we like to use other methods of communication such as this newsletter and social media to keep in touch between your visits.

We like to keep you up-to-date with what's happening at the practice and

let you know about special offers and treatments that might benefit you. We also like to share useful oral health news and information including advice to help you keep your teeth and gums healthy and your smile looking its best.

If you haven't already, please like our facebook page and/or follow us on Twitter. Please also pass this newsletter on to friends or family so that they can connect with us as well. Our best new patients typically come from referrals. Thank you for your support.



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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Smiling matters

Dry mouth



If we don't produce enough saliva, our mouth can get dry and uncomfortable. Dry mouth can occur as we grow older as our saliva production tends to slow down. In addition, some medicines and medical conditions can cause dry mouth as a side effect.

Saliva is a natural cleanser and healer and plays an important role in our dental health. It can help to neutralise acids, prevent bacteria sticking to teeth, counteract infections and remineralise tooth enamel.

There are ways to relieve dry mouth; sipping water, sucking sugar-free sweets, or chewing sugar-free gum can all help in the short-term. There are also artificial treatments available.

If you suffer from dry mouth you will have a higher risk of dental decay, gum disease, ulcers, bad breath and erosion. Please visit us regularly so we can keep a close eye on your teeth and gums and offer you advice about managing the condition.

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Millions forget to brush their teeth

New statistics reveal almost seven million people in the UK are likely to give cleaning their teeth the brush off.

Research conducted on behalf of the British Dental Health Foundation also revealed that over a quarter of the population admitted to not brushing their teeth even once in 24 hours and around 1 in 7 people said they did not clean their teeth for more than two days!

Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation says “anyone who regularly skips brushing their teeth morning or night is storing up oral health problems for the future such as tooth decay and gum disease – the biggest cause of tooth loss”.

Four golden rules for good oral health:

- Brush for two minutes twice a day using a fluoride toothpaste
- Clean between your teeth daily
- Cut down on how often you eat or drink sugary foods and drinks
- Visit us regularly, as often as recommended.

If you are overdue for a dental check-up or have any concerns, please give us a call and book an appointment. Let us help you to enjoy healthy teeth and gums for life!

Are you happy with your smile?

When you look in the mirror and smile are you completely happy with the smile looking back at you? Apparently, four out of five people in the UK are unhappy with their smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

People often hold back about doing anything to improve their smile as they are not aware of the treatments that are now available, or fear that they might be too costly.

However, many patients are pleasantly surprised at how easy and affordable smile enhancements can be:

- **Tooth whitening** – a very popular way to brighten up your smile
- **Tooth-coloured fillings** – restorations that look completely natural
- **Bonding** – disguise small imperfections such as chips, cracks and gaps

- **Veneers** – thin layers of porcelain to fit over the teeth to improve colour, shape and position
- **Dental implants** – strong, lasting, realistic replacements for missing teeth
- **Teeth straightening** – wide range of discreet treatment options available to straighten and realign crooked teeth

We have a strong focus on helping you to keep your teeth healthy, but we also enjoy helping our patients to get the most from their smile.

If you would like to find out more about our smile enhancing treatments, please ask, we'll be happy to help.

Did you know?

The tooth is the only part of the human body that cannot repair itself.

More than brushing!

It is very important to ensure that you remove the food that gets trapped between the teeth. You also need to remove the film of bacteria that forms there and under the gum-line on a daily basis before it has a chance to become destructive plaque.

Toothbrushing alone cannot clean between these tight spaces so please speak to us and we can advise you which method is best suited to you and your teeth. We can coach you through the correct way of cleaning in between your teeth and under the gum-line.



Fun fact

Whitening products for teeth date back to the Middle Ages. But the ancient procedures, in which the teeth would be filed down and bathed in nitric acid, quickly led to extensive tooth erosion!