



CRAIGENTINNY
DENTAL CARE

Thanks for downloading our guide to general dentistry and the 5 things you may not know about a dental examination. There are just over 3 pages to read but hopefully it will help you to think about your dental health in a new way.

Kind regards

The Caigentenny Dental Care Team

5 things you may not know about a dental examination



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1. WE LOOK AT MORE THAN JUST TEETH

a comprehensive dental health check looks at so much more than just teeth. It incorporates a thorough review of teeth, gums, cheeks, tongue, lips, throat, jaw joints and neck. From our examination we can identify a range of conditions that extend beyond simple tooth decay and gum disease. For example diabetes or anaemia often present signs in the mouth that a dentist can identify early on.

2. WHEN A TOOTH HAS DECAY..... A FILLING IS NOT THE RIGHT TREATMENT

Filling a decayed tooth is treating the effect of the problem. If we don't work together to understand WHY that filling was needed in the first place then another filling will be needed again in future. Sometimes sooner and sometimes later. Treatment for tooth decay is helping you to understand WHY the decay happened then developing routines to significantly reduce your risks of more problems in future. There are many reasons why someone always needs a filling or has teeth that chip. A good long term relationship with a dental team that are interested in you as a person can help uncover the reasons behind your dental problems and identify solutions. Success for us dentally fit patient with no need for treatment!

3. TODAY'S DENTAL EXAMINATION IS NOT THE MOST IMPORTANT THING

a dental examination is a snapshot of your dental health today but it does not tell the whole story. Regular monitoring with a dentist and hygienist who get to know you well means we can identify trends and patterns in your dental health early, often before major treatment is needed. Ultimately the direction of travel of your dental health is the most important thing..... do you know today whether your dental health is getting better each year or worse?

4. DO THE WORDS "you are ok for 6 months" REALLY TELL YOU WHAT YOU NEED TO KNOW?

We don't think so, which is why member patient receives an Oral Health Score after an examination. This score breaks down your dental health into 8 key areas and helps both you and us identify which areas we should target to help you reach your optimal oral health. This means that you understand which specific areas of your oral health we are completely happy with and which ones could be worked on. If we are working together well we should see this score rising over time.

5. DO TEETH WEAR OUT?

Used for just eating teeth should last us a lifetime but habits such as clenching and grinding can shorten this lifespan significantly. Many people that do this when sleeping are simply not aware of it. By looking at tongue patterns, chewing muscles, jaw joints and polished spots around your mouth our team can make a good assessment of this in your mouth and help you plan accordingly. As life expectancy rises we need our teeth to last longer as well. For patients who are otherwise dentally healthy wear and tear can be the single biggest threat to dental health yet is easily treated when identified early.

General Dentistry At Craigentenny



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"It's all about health"

Fashions in dentistry come and go, white teeth, veneers, fast orthodontic treatments to give you a wonderful smile..... while our team are very well versed in all of these things and lots more.....

IMPROVING YOUR GENERAL AND DENTAL HEALTH IS AT THE HEART OF EVERYTHING WE DO

Since opening nearly 30 years ago our team have incorporated what we believe are the most relevant advances in care into our practice to help our patients lead healthier lives and optimise their oral health.

Peace of mind

Many of the team that care for you at Craigentenny have been part of our dental family for more than 20 years. This means our patients tend to stick with us too and we frequently are fortunate enough to care for 3 generations of a family. Working together with families over many years means that choosing treatments that work for our patients in the long term is very important to us, and one of the reasons that we offer extended guarantees of 3-5 years on all of our private care.

Putting the mouth back into the body

For too long dentistry has been seen as a separate part of health care. Research has now show that good or indeed poor dental health can cascade out and affect the body as a whole. Gum health can reduce the risk of heart disease and high blood pressure. It can help you avoid Type II diabetes or control it better if you are already affected. Bacteria and viruses in the mouth have also been shown to have a role in the development of some cancers. Our team consider general health as well as dental health when planning your dental care and can help you develop simple ways to optimise your dental health as it relates to the rest of the body.

Changing life expectancy means dentistry needs to change too

More of us are keeping our teeth for longer so identifying early on, tooth wear or erosion that is happening too rapidly is important. We have always known that preventive care is the best but as many adults now expect to keep teeth into their 80s and beyond. Getting the right prevention in place early can help to head off complex and expensive treatments later on in life. Early can mean helping your children develop not just good brushing habits but the right techniques, it can also extend to identifying problem tooth grinding or dietary issues in mid life.

Do your medications affect your dental health?

Every medication comes with a leaflet describing almost every possible side effect under the sun that it may cause. Reading it in its entirety is recommended but not always a confidence builder yet many of today's medications are helping us to lead longer healthier lives. Many medications can have an impact dentally. Part of our work is to help understand where these overlapping areas of health are, and help you to manage them effectively. Dry mouth,

frequent mouth ulcers, and gum inflammation can all be triggered by certain medications, while it is not often practical to stop the medication, we can help ameliorate the effects that these may have dentally.

It really is personal

One of the sad effects of ever larger healthcare facilities is that you often lose the personal connection to the people that are caring for you. How many of us today can reliably say that they see the same family doctor for every or even most visits.

Although our team has grown over 30 years, care for us is still personal. Every patient has their own long term dentist and dedicated care team. We know that patients hate to see a different face every time they come to a dental practice. At Craigentenny most of our team have been here for a LONG time! Our senior dentists have worked with the practice for 29 and 24 years respectively. Most of our team of hygienists have also been part of the Craigentenny family for 20 years and many of our support team of nurses and receptionists have more than 20 years of history in the practice as well. While in the case of an urgent dental problem we will always prioritise seeing you quickly, the vast majority of our patients see the same dentist and hygienist at every visit.