



# Patient Newsletter

## Craigintinny Dental Care

March 2020

Welcome to our first newsletter of 2020. With March just around the corner as I write, and the days getting a little longer we might even dare to look forward to springtime!

From the content of our November Newsletter you will know that after his sudden illness, the last 6 months have been tumultuous for John and his family. News of late has been much better, and for those of you who want to know more about his progress I hope that you will enjoy reading a short personal letter from him on the back page of the newsletter.

We have had a busy start to the year at Craigintinny with our irrepressible team working hard developing their skills, training together and getting to grips with a raft of new technology that should help us to look after you better in the coming months.

Thanks if you took time to give us feedback over the last 6 months by completing our end of treatment survey, we do read every single one that is submitted. Similarly as the practice grows almost entirely by word of mouth and referrals; if you have recommended us to friends personally, rated us on Facebook or reviewed us Google please accept our sincere thanks.

So I will finish, what I have decided optimistically to call the "spring newsletter" introduction here by simply commenting that it is nice to be able to share good news with you. We all look forward to welcoming you to Craigintinny Dental Care soon.

With all good wishes

*Fraser*

Fraser Hendrie BDS MFCD

Partner Craigintinny Dental Care



### Inside this issue:

#### Team Training

how the team have spent the darker months of the year!

#### Anti Wrinkle Treatments In The News

questions you should ask before treatment

#### Dental Fear Course

help for dental fear

#### Back Page -

A Letter from practice partner John Booth

### An App to Help With Brushing

Brushing correctly should take around 2 minutes but most of us are not too good at judging exactly how long that is! Brush DJ is a great free app for your Smartphone that helps to you brush for the right length of time, easing the boredom with your favourite songs. It is a simple idea but works really well and can help as part of the package of parental persuasion that is often needed with children and teenagers. Just search for Brush DJ in your app store or go to <http://www.brushdj.com/>

### Public Holidays

Good Friday 8:10 - 5pm

Easter Monday Closed

Holiday Monday 18th May

## Team Training

Our ongoing team training did not have much of a let up over the festive season.

With infection control and prevention very much in the news at the moment the team



spent an morning reviewing our procedures and training with two infection control experts. I was impressed to see a full turnout of the entire team just 5 days before Christmas! We had an enjoyable session and were pleased to see that our current procedures were up to scratch. Our second project over the winter has been in relation to an area of major focus in healthcare at the moment around what is called "Patient safety culture," the aim being to identify what human factors lead to errors in healthcare. matters of safety "avoidable

It is widely said that the aviation industry leads the way in this area. The team participated in a nationwide survey around this topic in December as a follow up to our in house training session with Captain James Longworth, from Jet2 earlier in the year.

On a personal level Callum has been completing his year long implant training course and Miriam continues to study part time towards more letters after her name and a Diploma in Sedation Dentistry!

## Anti Wrinkle Treatments

We have provided discreet wrinkle reduction injections at the practice for several years now. Most commonly we help patients who wish to reduce wrinkles and lines around their eyes or forehead do so subtly. We also helped people who want to restore lost volume plumpness to lips or cheeks.

There have been several articles in the press recently about the lack of regulation and examples of "treatment gone wrong" in facial aesthetics, most commonly this occurs when carried out by providers without an appropriate medical or dental qualification. When carried out in a clinical environment by trained professionals the treatments are both safe and effective but there are a few questions that you should ask before considering these types of treatment. Kate Koteska our resident facial aesthetics expert has written a short post on our web site that explains just what these questions are. You can view her post at [www.craigentinny.co.uk/ten-questions](http://www.craigentinny.co.uk/ten-questions)

Kate joined the team initially to help us manage during Johns absence but her passion is facial aesthetics. Having studied extensively to achieve an MS in Restorative Aesthetic Dentistry, Kate already has a following of patients who testify to her abilities in reducing the effects of ageing with subtle treatment

As we plan for Johns return, Kate will be staying with us to provide a dedicated facial aesthetics service. If you would like to know more or just have a quiet chat about options then just speak to our reception team and ask for an aesthetic consultation.

## Beat Your Dental Fear E-Course

The team love helping patients with dental anxiety and have been helping patients to beat their dental fear for more than 20 years. We came to realise when we listened to patient stories that due to fear, many people simply "Put off" their first visit back to the dentist until they were absolutely forced go. This gave us the idea for our & day beat your dental fear e-course. It is a gentle introduction back into dentistry for people who suffer from dental fear or phobia, you simply subscribe to it online and receive an e-mail from us with tips, advice and help to beat your dental fear each day for a week.

The e-course is totally free and thanks to dental fear forums like [Dentalfearcentral.org](http://Dentalfearcentral.org) the course has now been completed by more than 800 patients worldwide. With over 75% of patients taking the course saying that it made taking the next steps to beating dental fear easier. If you know someone who is afraid of the dentist and is looking to do something about it why not suggest they take a look at the fear resources page on our website [www.craigentinny.co.uk/beat-dental-fear/](http://www.craigentinny.co.uk/beat-dental-fear/)

## A Letter From John Booth

Dear Friends and Patients,

I want to start this short note by firstly saying thank you, to everyone who has sent kind wishes, cards, notes and gifts to me while I have been ill. I will express my thanks in person in due course, when I return to practice but for now this is the easiest way of reaching you.

As the team have no doubt explained, I had a sudden and significant tear in a major artery last September which resulted in lengthy emergency surgery. It is only thanks to the skill of my surgeon and his team, who persisted in the face of a real challenge that I am here to tell the tale. I am deeply indebted to them for their professionalism, skill and tenacity in completing my operation against the odds.

Recovery however has not been without its complications, and unfortunately blood clots following surgery lodged in key areas reducing my mobility. The initial outlook for resolving this was poor and the clots have brought about the need for additional surgery and the loss of the toes of my right foot. This thankfully passed in recent weeks without incident. I am now working with a team of specialists and exceedingly diligent physiotherapists who have got me back up and moving, all be it slowly again after nearly 5 months of immobility. It may be some months yet before I am back on a bike but that is the plan.

There remains a long road to recovery ahead of me and, at present am waiting to see if a further surgery is needed. Rest assured though, it is my full intention to be back with you in the practice later this year. Unfortunately the exact time line for this is not of my choosing and will be dictated by my medical team.

In the mean time I would encourage you please, not to defer your regular dental care. I know that all patients ideally want to see their own dentist rather than someone else, and that this is particularly the case if you suffer from, or have had dental anxiety in the past.

While I am temporarily away from the practice Fraser and the core team are working exceptionally hard behind the scenes to make sure that you are looked after in the usual manner. I realise that some of my colleagues do not have as many grey hairs as me ( or as many as Fraser has now! ) but they have all undergone a long period of training both in dentistry but also in the Craigentenny way of doing things.

Our practice has always been health focussed and based on prevention. Regular monitoring and care is key to catching problems early when they are easier to treat predictably. So please do, in my absence keep up to date with your examination and hygienist maintenance schedule.

I will finish here by saying thank you once again to everyone who has offered their support over what has been a very tough few months. I look forward to being back in practice with both you and the team in due course.

Kind regards



*John Booth BDS MFGDP*  
*Partner Craigentenny Dental Care*