

Patient Newsletter

Craigentenny Dental Care

December 2020

Welcome to the December Newsletter.

After a stressful and eventful year for almost every person in the country, the good news of an effective covid vaccine has been tempered by the news of a new strain of the virus and last minute restrictions over the holiday period. The recently announced changes only affect a small part of what we do dentally, and our team will be in touch if we need to change an appointment for you based on the new guidance.

As I type Lothian Health board are rolling out of the first Covid 19 vaccine to priority one groups and, we await news of what will hopefully be the regulatory approval of a second vaccine in the coming weeks. While our in practice coronavirus precautions will have to remain in place for some considerable time, it is at least nice to believe that there is hope on the horizon. We are continuing to work through our lists of cancelled appointments to re book but if you have any issues at all that you have deferred contacting us about please do now give reception a call.

Closer to home, practice Partner John Booth, continues to make a good recovery from a major cardiac event this time last year and has been back in practice for a few (socially distanced) training sessions and updates with the team. He is following the advice of his medical team but hopes to be back with us in practice on a limited basis in the first part of 2021.

The last quarter of the year has seen us focussing on the future of dental care at Craigentenny and I will share some of our current and planned exciting developments with you later on in the newsletter.

Finally may I take this opportunity to thank you for your continued support and patience during what has undoubtedly been the most eventful period in the practices 30 year history.

I hope that 2021 brings health and happiness to your family

With all good wishes

Fraser & the Team at Craigentenny



Inside this issue:

Tooth Wear

Modern minimally invasive ways to manage tooth wear.

Practice invests in digital

Our new digital impression system improves our ability to monitor your dental health.

Team News

What has been happening in the lives of our team and other positive things.

Having a dental problem but don't want to visit in person?

We understand that every one of us has a different assessment of the risk that Covid 19 poses to us and our families. If you are not keen to attend the practice in person but have a dental issue that you would like help with we are still offering video consultations. Just call reception and ask.

Festive Opening Hours

Thu 24 th Dec	8:10am - 12:30pm
Fri 25 th & Mon 28 th Dec	Closed
28 th - 30 th Dec	Usual Opening Hours
Thur 31 st Dec	8:10am - 12:30om
Fri 1 st Jan & Mon 4 th Jan	Closed
Out of hours emergencies call 0131 669 2114	

Managing Tooth Wear

As we all keep our teeth for longer, we face new challenges to monitor and treat tooth wear that often occurs slowly over many years.

Tooth wear can be from every day use but the most damaging sort that affects a large number of people is tooth wear caused by clenching or grinding. Not everyone that clenches or grinds is aware that they do it although our team are often able to spot the signs of trouble during examinations. Morning headaches, frequent chips to teeth not caused by decay, clicking jaw joints and sensitivity can all be signs that you may be doing this in your sleep.

In 2020 our team has noticed the number of people suffering from this problem increasing dramatically.

Traditional approaches to treatment revolves around diagnosing the problem early and monitoring if the effects are minor. For more aggressive cases of grinding that produce rapid wear or pain, protective guards of a range of designs can be made. Beyond this restoring very heavily worn teeth makes up a significant part of our work. In the past severely worn teeth front teeth were built up with crowns. While long lasting, crowns in this area of the mouth require the removal of quite a lot of

healthy tooth and so were often deferred for as long as possible.

Thankfully now with modern materials and a technique called resin bonding we can restore worn smiles earlier and in a much more minimal way without the need to drill away any natural tooth at all. Resin bonding is sometimes used for purely cosmetic purposes but as a health focussed practice, we are seeing a growing role for resin bonding in the protection and stabilisation of worn teeth.

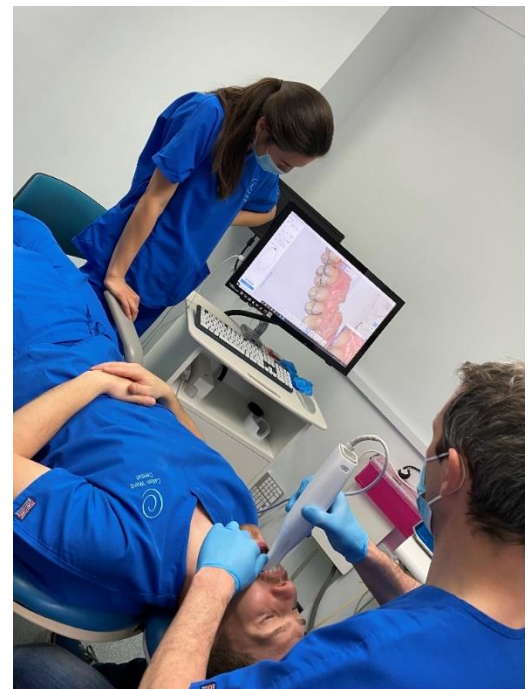
New Digital Scanning Technology

Digital and 3d technology has become a growing part of what we do at Craigtinny in recent years with all implants planned on computer using 3d x ray and bite images well in advance of treatment. In November we installed an optical scanner and trained the team on its use. This new equipment allows us to take very accurate digital "impressions" of your mouth without the need for traditional impression materials or plaster casts. From an environmental standpoint it means we will create less impression and plaster waste and from a patients perspective the process is generally easier than a traditional impression, particularly if you have a sensitive gag reflex!

Technology does not replace our focus on prevention and our desire to help you achieve your own desired optimal level of dental health, it does however give us new capabilities.

Monitoring tooth wear or tooth movement is now much easier as sequential scans can be used to assess the rate of change more accurately than ever before, giving you and us the opportunity to intervene or take preventive steps at an earlier stage.

When treatment is necessary, lab times for crowns and bridges are reduced with your digital impressions arriving in our technicians lab before you have left the practice. Similarly, we can plan and model minor orthodontic treatments more accurately. And for those of you with a teenager who has a retainer, the ability to scan and store files means that replacing a lost or broken orthodontic retainer is easier than ever before.



Team & Practice News

Miriam Figge

After 4 and a half years at Craigentenny, Miriam has decided to take some time away from dentistry to spend with family and friends. Her time away will involve travel to see family members at home in Germany that covid has prevented her from seeing this year and travel further afield.

Miriam wanted to take the opportunity to thank all of her patients for their trust and confidence in her taking care of their dental needs over the last few years. Joanne Cubitt will be taking over and providing care for all of Miriam's patients in her absence. Although very sad to say goodbye for now to so many patients, she is confident that all will continue to receive excellent care from the team at Craigentenny.

E-Mail Issues

Some upgrade work to our web site caused a problem with message delivery from the web site to the team. If you have contacted us via the web site in recent weeks and not received reply please do let us know. All issues are now resolved and messages reaching the team as planned

Practice Refurbishment

As reported in our last newsletter we now have finalised plans for our refurbishment of the reception area, seating area and back of the practice. Although covid was not a deciding factor, a more spacious layout to the building seems a timely approach. We hope to share our expected timelines for the changes in our coming newsletters. The team are planning all works to allow us to keep six surgeries up and running throughout so that your routine care should not be disrupted more than it already has been by the events of 2020.



Receptionist Eve O'Farrell

Eve is one of the longest serving team members at Craigentenny, joining when the practice opened in 1989 and known to most of our long term patients.

Unfortunately ill health has kept Eve off work for some months now so a recent significant birthday could not be recognised the way we would wish. Although we could not celebrate in the usual way we could not let the occasion pass without mention in our newsletter and send her our best wishes.

Link Summary

E-consult

If you had a dental problem and want to send us some photos from your smartphone for an e-consult just visit www.craigentenny.co.uk/advice

Facebook Page

www.facebook.com/dentistedinburgh

You Tube Channel

www.youtube.co.uk Craigentenny Dental

Coronavirus practice update

www.craigentenny.co.uk/coronavirus-advice/

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