

Patient Newsletter

Craigentenny Dental Care

March 2021

Welcome to the Spring Newsletter.

After what has probably seemed like the longest winter on record, it is lovely to see the days lengthening and the temperature rising ever so slightly as we move slowly towards a relaxation of the lockdown that has been with us since the new year.

After the false dawn of last November and December it is important that we all continue to take a common sense approach to the relaxation of restrictions so our in house system for appointments and “alfresco” waiting arrangements will sadly be in force for a while longer. I appreciate that over the winter months this has been less than pleasant on occasions when the Scottish weather was at its worst but do appreciate the good humour and fortitude that most of our patients have shown in the face of a “cold stand.”

Inside the building the vast majority of our team have completed their vaccination schedules with a few team members also using their free time to participate in the programme as injectors too. In addition to our usual precautions and vaccinations we continue to run daily checks with all team members as well as frequent lateral flow testing for the team as well.

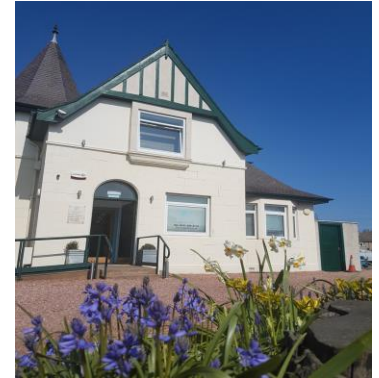
Practice Partner John Booth, continues to make a good recovery and intends to be back providing examinations only in the first instance some time over the next 3 months .

Plans for a reconfiguration of the practice remain in the works and we hope to have more news of this in coming newsletters.

I hope that Spring brings a renewed sense of optimism to your home and look forward to seeing you in the practice soon.

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 initial video or phone consultations. Just call reception and ask.

Easter Opening Hours

Fri 2 nd April	8:10am - 5:00pm
Mon 5 th April Easter Monday	Closed
Tue 6 th April -	Usual Opening

Out of hours emergencies please call 0131 669 2114 and listed to all available options.

Does A Change In lifestyle = Change in decay risk?

As many of our routines remain unchanged, it is fair to say that there are very few of our patients who have not seen some level of change to their lifestyle over the last 12 months.

Traditionally times of lifestyle change are periods of increased risk for tooth decay as old habits are lost and new ones gained. One common example is when a young adult who has made it to 18 with no cavities leaves home to start work or further education and returns to see us with several teeth in the early stages of decay. This situation can also occur if dietary changes happen in other situations such as switching to working from home, retirement,

parenthood or taking on a caring role for a family member.

Our nurses are fed up hearing me say that a filling does not treat tooth decay, it simply eliminates the damage done by it. Understanding exactly what causes decay makes it easier to prevent without extreme changes in habits that may not be sustainable.

Decay = Sugar + Bacteria + Time

The most important part of this equation is sugar, not the total amount of sugar but the total number of sugar exposures in a day. Each sugar exposure can result in 40-50 minutes of tooth decay.

This damage is reversed over the space of 6-8 hours by your saliva. It is in effect, a constant battle so if the frequency of sugar intake (even healthy things like fruit) increases the risk of decay will too. If you do have a major shift in lifestyle be vigilant for this one change. Common examples are snacking on fruit, more tea and coffee (if you take sugar in it), and now we can add more treats during a national crisis to that list! Our team are always available to advise on a much more personalised strategy to eliminate decay risk for you or your family.

Is this the perfect time for minor orthodontics?

Many of the wear problems that we see in our adult patients stem from a mixture of tooth grinding and slight mal positions of the teeth. The squint teeth often rub or wear on their opposite number in ways that we would rather avoid and cause unusual tooth wear as a result.

Many patients ask us about repairing these small chips

and wear areas. In many situations, if we just bond some white filling material in place of the chip or wear this will be subjected to the same forces that broke the tooth in the first place and not last long.

The correct answer is often to move the position of the teeth slightly to a more favourable orientation, that then allows not only the tooth to be restored to the correct shape but also kept out of harms way in the future too. This approach is just one of the minimally invasive strategies we deploy to help optimise the dental health of our patients with minimal / no damage to the natural teeth.

Treatment times for this type of tooth movement is usually quite short with many situations treated in 3 - 9 months. For adults we can use clear braces that are almost invisible when worn or Inman aligners which are a little faster but a bit more noticeable. That said with the current requirement for mask wearing in many locations unlikely to be relaxed any time soon this might just be the perfect time to get this type of treatment completed.



Team & Practice News

A Wedding

Congratulations are due to Miriam and her new Husband, Thomas who were married on a cold but bright Saturday early in March. With covid restrictions, the wedding was low key but team managed to provide a surprise socially distant wedding party to cheer on the happy couple and grab a few photographs for the family album outside the registry office.

Appointment Timings

With covid precautions still in place, the practice is forced to work at reduced capacity each day, and at home many of our team are battling challenges with reduced access to childcare. This despite our best efforts is unfortunately creating a delay between diagnosis of problems and visits to treat them.

Covid plus an unprecedented spell with team illness or injury has meant our ability to offer appointments with your favourite dentist or hygienist has been hampered.

With the easing of restrictions that (hopefully) lie ahead it is our aim that as the year progresses we can bring waiting times and full access to your favourite team members back towards normal levels.

Despite the challenges we continue of course, to provide a same day emergency service for our registered patients with toothache or other urgent problems. So if you have toothache or an urgent concern please do not put off contacting us.



Therapist Shannon Willis

Shannon joined the team around 8 months ago initially to cover maternity leave for Lindsey. We are delighted to announce that Lindsey will be re joining us 1 day a week from the end of April but also that Shannon will now be staying on with us as a member of the Craigentenny Team. She is an enthusiastic advocate of modern treatment for periodontal disease with guided biofilm therapy and other advanced prevention methods, and is already well known to many of our patients.

Link Summary

E-consult

If you have 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

Current Coronavirus practice update



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