



# Patient Newsletter

## Craigentenny Dental Care

December 2021

### *Welcome to the Winter Newsletter .*

I hope that you have had a good autumn and managed to enjoy at least some of the increased freedoms that were available at the time. Autumn was an exciting time for the team as our long planned renovations finally began. We have a few challenging months ahead as we work around our builders and keep 6 surgeries operating, but more on this later.

I know that our on line check in / medical history system can be a source of stress for some of our patients. These systems are complex and at the mercy of multiple technologies that do not always play nicely together. They work 95% of the time and really help us to be efficient as a team thus minimising waiting time for appointments. That said, I wanted to take this opportunity to reassure you that if you are struggling to check in or complete a medical history update on line just let us know. An e-mail to [office@craigentenny.co.uk](mailto:office@craigentenny.co.uk) or text message to **07862 138 760** will work. Similarly, if you find yourself outside the practice with a flat mobile phone battery or no phone at all, don't worry as we will always come and look for you at the time of your appointment even if we have not seen you check in on line. If you are in this situation though, please do keep an eye out for a team member roaming the car park as they may well be looking for you!

It is impossible to escape news of the Omicron Covid variant at the moment and as a result our covid precautions will be with us for some time longer. The National Protocol for access to healthcare facilities has been updated, so please do check our web site for information if anyone in your household or immediate circle tests covid positive and you have an appointment booked. Similarly with this particular variant being more transmissible our commitment to making the practice not only **be** a safe place, but to **feel** a safe place for all of our patients is redoubled, so our [face covering policy](#) will remain in place for the foreseeable future.

Finally may I take this opportunity to thank you sincerely, for your support and patience over the last 12 months and on behalf of the team, wish you and your family a Merry Christmas.

With all good wishes for 2022

*Fraser & the Team at Craigentenny*



## Inside this issue:

### Cracked Teeth

A growing problem as we keep teeth for longer.

### Practice Renovations

More information on our renovations and facilities update

### Team News

Weddings, New Courses Completed, and some New team Members.

### Contacting The Practice

Over the festive period you can check arrangements for emergency appointments out of normal hours on 0131 669 2114

If you need to message us about an appointment at any time you can do so on 07862 138 760 .

### Festive Opening Hours

Fri 24 <sup>th</sup> Dec	8:10am - 12:30pm
Mon 27 <sup>th</sup> & TUE 28 <sup>th</sup> Dec	Closed
29 <sup>th</sup> - 30 <sup>th</sup> Dec	Usual Opening Hours
Fri 31 <sup>st</sup> Dec	8:10am - 12:30pm
Mon 3 <sup>rd</sup> Jan & Tue 4 <sup>th</sup> Jan	Closed
Out of hours emergencies call 0131 669 2114	

## Cracked Teeth a Growing Challenge

There is no doubt that our hopes and aspirations for our teeth are changing, in my early years in general practice, many patients chose to remove teeth that could have been saved. Over the last 25+ years that situation has reversed completely with many of us keen to go to the ends of the earth to save a tooth. As a dentist trained to preserve teeth this of course makes me happy but poses a new set of challenges. Teeth have an outer layer of enamel and an inner layer of dentine, these layers when intact act together to make a tooth strong and resist pressure. Once these layers are disrupted by a filling, stresses and strains can build up within the tooth. These stresses often manifest as small cracks that over time spread. The good news is that most cracks in teeth, even the ones you

can see with a bright light are insignificant and do not lead to any problems. Unfortunately some cracks spread in such a way as to cause problems and allow the tooth to flex when it is put under pressure. This flexing is a sign that the tooth is weakening and is more likely to break.

How do you know if you have a crack in a tooth that is problematic? The main thing to watch out for is a short sharp pain when biting small hard things such as the seeds in seeded bread or eating nuts. It may not occur every time you bite initially or even for a long time. If you do experience this then please do let us know at your examination. Cracks in teeth are usually internal and not visible but if we can track down their exact location then there

are a range of things we can do to stabilise the problem. As ever early diagnosis is more likely to mean more minimally invasive treatment, with a bonded filling, only or crown. The most significant cracks can lead to tooth death and the need for root treatment so catching these problems early is key.

Unfortunately as we age our teeth are more likely to experience this type of problem and if you clench or grind your teeth this risk is increased further. Prevention of cracking is always easier than treatment and that is why if your dentist detects signs of overload or significant tooth wear they may suggest a protective night time guard.

## Practice Renovations

As I write we are 6 weeks in to what will be around an 8 month programme of renovations. Our plans have been formulated over a long time as the way that we work changes.

Our modernisation plan will see the entrance to the practice move from the front of the building to the side. There will be a dedicated parking bay for patients with mobility problems immediately adjacent.

A new reception and seating area overlooking the garden should make for a calmer space on the off chance that your dentist is not running 100% to time!



In the clinical area we are building a new decontamination unit which should be completed before the end of the year. Our 2 surgeries that were based in the conservatory are being replaced with new ones that will be better insulated and more comfortable. We are also creating space for some new equipment to keep Craigentenny at the forefront of dental care in the coming years which I will tell you more about in coming newsletters.

## Team & Practice News

### Wedding Congratulations

After several covid related postponements, the team were delighted to see Dentist Elidi Ku-Neales' wedding finally taking place this autumn. The whole team send their congratulations to Elidi and her new husband Rob.



### John Booth Returning

John will be increasing his time back in practice in the new year to 3 days most weeks. This will continue to be a gradual process, we know that many of you are keen to see John so and our reception team will advise of his availability when you are re booking at your next examination. In the mean time our remaining team will continue to ensure that all of Johns patients are kept as fully up to date with examinations and treatment as current covid restrictions allow



### Jill Completes Course

Jill is a well known member of our hygiene team and has a growing interest in facial aesthetics. She recently completed the final part of her training to administer lip fillers and anti-wrinkle injections. Her 27 years' experience in dentistry, detailed knowledge of anatomy, physiology, and infection control stood her in good stead as they are vital parts of providing these treatments safely.

Jill loves to help patients boost their confidence and feel good about themselves with her hygiene work and sees facial aesthetics as an extension of this. As well as her regular days working as a hygienist Jill will be providing anti ageing injections and filler treatments on a Monday afternoon from January. If you would like more information



Please visit our [website pages on this.](#)

After the last 18 months in full PPE, several of the team are already forming an orderly queue for her services!

### Eve O'Farrell Retires

Eve O'Farrell, was one of the original team members with Craigentenny Dental Care. As familiar and welcoming face, to patients of the practice for over 30 years it was with much sadness that we see her leave the team due to ill health.

Eve will be very much missed by team and patients alike and we wish her and her family well for the future.

### Welcoming a new Hygienist / Therapist to the Team

In December we welcome Marieanne Brady to the hygiene/ therapy team at Craigentenny. Marieanne is a very experienced hygienist who joins the existing long term team to help increase the availability of our hygienist appointments.