



Patient Newsletter

Craigentenny Dental Care

June 2022

Welcome to the Summer Newsletter .

It is nice to be writing this on a lighter evening rather than in the darkness of the winter months. There is a lot happening in and around the practice in many directions so it is actually difficult to know what to leave out of the newsletter rather than what to put in.

Covid 19 precautions in everyday life are mostly a thing of the past now and some of our more extreme PPE requirements have been dropped as well. The changes will, hopefully make a visit to see us a bit easier and less stressful too. Scottish Govt. still mandate that face coverings are worn in all health care facilities. So at time of writing the [face covering policy](#) within the practice remains in place.

Building work is in full flow around the practice and despite being shoe horned in, we are keeping all 6 surgeries running as best we can. The extension rebuild is well out of the ground and is now wind and watertight. A patient bathroom is now back in full service too. Although adrift from our original schedule we aim to take possession of at least some parts of the new extension at the start of autumn.

Clinically the team have been continuing to update their skills and knowledge with Jill completing additional training on the use of Botulinum toxin in the treatment of tooth grinding, Joanne continuing her year long restorative dentistry course and Callum and Fraser updating their radiography knowledge in preparation for the arrival of our new cone beam scanner towards autumn. Similarly our nursing team have been busy updating their skills and knowledge with courses on sedation and x rays completed.

I know that we all prefer familiarity when we visit the dentist, so the constant change in facilities and arrangements at the practice over the last few years have not always been welcome. The team continue to work additional hours and sessions to catch up with treatments. We have welcomed experienced hygienist Marianne Brady to our hygiene team joining Jill, Alison and Lindsay. This has eased pressure on hygiene appointments with appointments now available within 14-21 days. So if you have been holding off on this please do get in touch. Despite our hard work our dentists are still booked quite a long way in advance for routine care. That said we continue to prioritise our existing patients and in the vast majority of cases to continue to provide a same day emergency service if you have an urgent problem. We do sincerely appreciate your patience and I do hope that as the second half of 2022 rolls around and our build progresses we can soon, welcome you back into a refurbished dental practice with a full set of facilities. I can promise you that the team are as keen to get back to normal as you are!

With all good wishes

Fraser, John & the Team at Craigentenny



Inside this issue:

Snoring

It may have more to do with dentistry than you think.

Practice Renovations

Information on our renovations and facilities update

Team News

Weddings, Courses Completed, and some New Arrivals!

Contacting The Practice

Check or book appointments on 0131 669 2114

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

Out of hours support

Please call 0131 669 2114 for up to date information on help that is available when the practice is closed

Snoring and The Effect On Sleep

I recently completed some ongoing training with Professor Ama Johal on the subject of snoring and sleep apnoea. While you might not think that this is really our area of expertise there is some overlap where we can help patients with milder symptoms or indeed help patients for whom traditional treatments have not worked. The training was fascinating and really opened my eyes to the effect that snoring can have not only on the snorer themselves but on any person sharing the same bed or within earshot. He cited studies showing that snorers have increased chances of elevated blood pressure, headaches, type II diabetes and cardiovascular disease. What was more surprising is that the partners of

patients who suffer from this are also more at risk of type II diabetes and elevated blood pressure too!

Around 40% of the adult population snore and I know from chatting to many patients, that this can be a bone of contention over breakfast in many households! At the more severe end of the scale is sleep apnoea, where the sufferer can actually stop breathing and be heard to gasp for breath many times a night. In both cases sufferers can find that the following day they suffer from excessive tiredness or difficulty concentrating. This has been identified as an issue in professions such as aviation where remaining alert is considered very important.

As dentists we can help at the less severe end of the spectrum with devices that reduce or eliminate snoring and the resulting sleep disturbance for both you and your partner but more importantly we can also help you to get a feel for whether or not you should be looking into this issue more deeply with our medical colleagues. At Craigentenny we believe strongly that oral health and whole body health are intertwined and this is just one more area where we see overlap between our role as dentists looking after your mouth and the relationship this has to your overall wellbeing. If you have any questions about this please just ask the team

Practice Renovations



are further on that it may look but our hope over the next while is to start work on the new entrance and commence the fit out of reception



It is hard to visit the practice at the moment without realising that something is going on! Our builders are currently linking the new parts of the building with the old so we are shoe horned in to what is left. Even with relaxed covid precautions we are having to utilise a little bit of outside space for seating and waiting, so we are all hoping for a warm dry summer!

These pictures were taken a few weeks ago so we



and the new surgeries. As ever we will keep you posted on developments

Team & Practice News

New Team Members

Our dentists and hygienists are completely dependent on our skilled and dedicated nursing & reception team who support them. As we have been struggling to catch up with treatments for our patients after Covid, we have expanded our nursing team to help with this and also to provide cover for 3 of our senior team members who are on maternity leave.

On reception Caitlin has recently joined us in what is a very “compact” temporary reception area. We look forward to getting our new expanded reception team settled in to their new home in the building later on this year.

Airflow & Membership Plans

We have been updating our membership plans for 2022 to reflect the needs of our patients. We introduced Guided Biofilm Therapy to the practice a few years ago as a more comfortable and effective way of controlling periodontal disease and enhancing gum health. Although the treatment takes a little longer than the traditional approach the vast majority of our patients prefer this treatment. If you would like to update your membership plan to include this then please just ask our reception team at your next visit for more information.

Half Marathon Fundraiser

Jill and Alison spent many hours in training in preparation for the Edinburgh Half Marathon. Despite the many complaints of aching muscles in the staffroom they posted an impressive time and raised more than £1700 for Muscular Dystrophy UK. Both Jill and Alison would like to thank the many patients who generously supported their fundraising efforts.

And Finally.....

Congratulations to Dentist Callum Ward who married fiancée Jennifer in May, with many of the team in enthusiastic attendance to wish them well.

Jill Completes Course

Jill has been completing further CPD and training and is now able to provide help to patients who clench or grind but have found that they struggle to wear bite guards or splints. Treatment is completed over 2 visits and results can last up to 6 months.

A New Arrivals

The Craigentenny family continues to grow as we congratulate Klair Stewart and her husband who recently celebrated the arrival of their new son Rory. Rory has been in to meet the team already and both mum and baby are doing well

We also congratulate Suzanne George and her husband on the arrival of their son Max

We wish Chloe Smith well as she finishes work to start her maternity leave periods.

Practice Invests In New 3D X Ray Technology

As part of our renovations and update we are creating space for a new state of the art dental cone beam scanner. This will allow us to take both 2d and 3d x rays necessary for our more complex treatments in house and sits well with our goal to try and provide as much of your care in one place as possible. The new scanner will speed up treatment planning and provide our dentists with more accurate pre treatment information. We hope to have the scanner installed towards the end of the summer and in the mean time several of our team are undergoing additional intensive training to make sure we are ready for its arrival.



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