

Winter  
Newsletter  
2019



**GOODBYE THEA  
AND LUCY**



**SOPHIE  
NEW  
RECEPTIONIST**



**TOOTH TRIVIA**

# Sophie New Receptionist



*"Hello, my name is Sophie and I have been working at the Practice since November. I am finding it really interesting here, as I do not come from a dental background. All of the new terms are challenging but exciting.*

*I am going to be working on the reception desk with Kirsty, our Receptionist and Marketing Assistant, and also liaising with our technical providers as the internal IT contact. We are going to be upgrading our systems soon to provide our patients with a better more efficient service and I am really looking forward to the process of improving your patient experience.*

*Out of work I enjoy going to the gym and being outdoors, the closer to the coast the better and, better still, in the sea!"*

*Sophie*



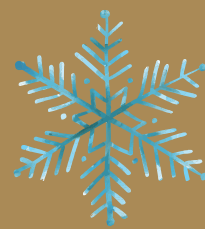
# Welcome back Korrianne!



*Our lovely Dental Nurse Korianne has been on maternity leave since March 2019 after having her beautiful boy. We are pleased to say that Korrianne will be returning to work at the Practice in January 2020. We all look forward to her return!*



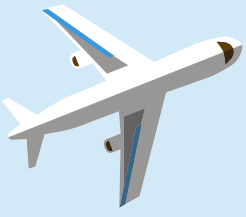
# Maternity Leave



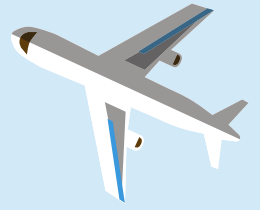
**The High Street Dental Practice would like to congratulate Dr Olivia Nixon with the exciting news that she is expecting a baby!**

*Olivia will be starting her maternity leave in March 2020. We wish Olivia all the best throughout her pregnancy and cannot wait to meet her new addition!*





# Bon Voyage Lucy!



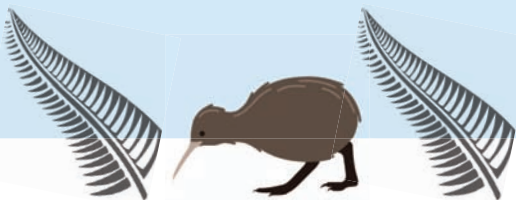
Our lovely dental nurse Lucy is leaving us in January 2020 to go on an adventure of a lifetime! We wish her all the best on her travels.



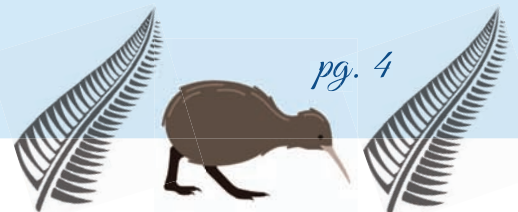
"I started working at The High Street Dental Practice in February 2018 and I have enjoyed every minute of it. I have gained valuable experience during my time here and my colleagues have become my friends. I have also met lots of lovely patients along the way!

I am leaving The High Street Dental Practice in January and setting off on a one way trip to Australia and New Zealand with my partner. We plan to travel around Australia for four weeks in a campervan, exploring all there is to see, starting at Melbourne and finishing in Cairns. We will then be travelling to New Zealand for a few months to work and explore yet another lovely country! We have not yet made any plans to come back to the UK, as we are seeing how we feel as we go!

I would like to thank all the staff at The High Street Dental Practice for making my time here enjoyable. I will miss you all very much!"



Lucy



pg. 4



# Good Luck Thea!



*"I have been at The High Street Dental Practice since January 2018 after leaving British Airways. I have learnt so much in my time here, one of them is learning how to use a computer and the skill of working in our decontamination room.*

*Unfortunately, I am not on my travels like Lucy; I am moving on to a new Practice where I will be training to become a Dental Nurse for the next 18 months, to then progress to be a qualified Dental Nurse.*

*I have enjoyed my time here at the Practice, and have made some lovely friends along the way. I will miss baking my creations for the team and I am sure the feeling is mutual!"*

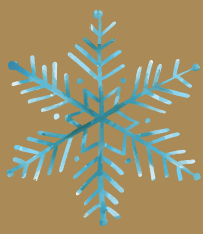


*Thea*



## Have fun Thea!

# Teeth Whitening



## So, what exactly is Teeth Whitening?

Teeth Whitening is a way of lightening the natural colour of your teeth without damaging the tooth surface.

## What does Teeth Whitening involve?

Firstly, the dentist will examine your teeth to ensure you are suitable for teeth whitening. If so, impressions of your teeth will be taken and sent to the laboratory.

Two weeks later, the dentist will fit your specially made whitening trays and give you the bleaching gel to use at home. Your progress will be monitored by the dentist. The total treatment duration is usually completed within 3-4 weeks.

## How long does Teeth Whitening last?

The results of teeth whitening vary from person to person but on average will last up to three years. If you smoke, or eat and drink products that stain your teeth, the effects of teeth whitening will obviously not last as long.

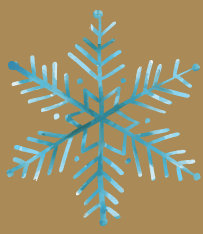
## Will Teeth Whitening work on all my teeth?

Teeth whitening only works on natural teeth. It will not work on dentures, crowns, bridges, implants or veneers.



*Brighten up your smile this Winter with 10% off Teeth Whitening or 20% if you have a Chippenham Worker Discount Card!*

# Tooth Trivia



How well do you know the world of teeth? Take our quiz to find out!



1. What year was the electric toothbrush created?

A. 1939

B. 1970

C. 1958

☐

2. True or False: Regular dental cleanings can help prevent heart attacks.

☐

3. True or False: Dental enamel is the strongest part of the body.

☐

4. How long should you brush your teeth for?

A. 5 minutes

B. 2 minutes

C. 1 minute

☐

5. If you do not use interdental aids, such as floss or Tepes (see page 12), you miss ..... of your tooth surfaces.

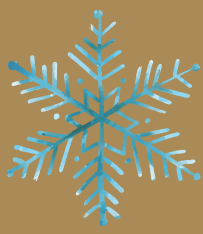
A. 15%

B. 60%

C. 35%

☐

# Tooth Trivia



6. True or False: A sneeze flies out of your mouth at over 600 mph.

☐

7. The largest teeth in the mouth are:

- A. Molars
- B. Wisdom teeth
- C. Canines

☐

8. True or False: The average person spends 38.5 days brushing their teeth over a lifetime.

☐

9. Which of the following foods can protect your teeth?

- A. Yogurt
- B. Cheese
- C. Vegetables

☐

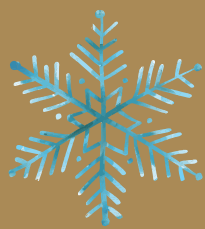
10. Just for fun: How many teeth do snails have?

.....



**Well done for completing our dental quiz!**  
**Please see page 13 for the answers.**

# Dental Word Search



DECAY

IMPLANTS

GUMS

TEETH

PULP

BRACES

TEPE

FILLER

ENAMEL

PLAQUE

CROWN

BOTOX

TOOTHBRUSH

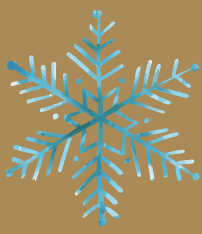
CLEANING

FILLING

Y	O	L	E	M	A	N	E	N	L	E	O	M	A
T	A	G	N	I	N	A	E	L	C	L	L	N	G
S	E	C	E	T	S	L	P	X	W	R	Y	T	F
G	P	E	E	X	O	O	U	R	E	N	E	I	U
I	A	T	L	D	A	O	E	R	N	E	L	P	X
M	L	A	S	N	R	M	T	I	T	L	N	L	D
P	N	X	P	U	L	P	I	H	I	A	E	A	C
L	T	G	U	M	S	S	P	N	B	I	A	Q	P
A	E	I	U	H	P	R	G	R	A	R	T	U	Y
N	P	N	H	B	B	O	T	O	X	T	U	E	X
T	E	B	R	A	C	E	S	A	N	C	I	S	I
S	A	I	T	R	F	I	L	L	E	R	S	O	H
N	N	N	N	W	O	R	C	R	S	G	I	X	N
I	C	I	A	N	U	L	T	A	C	P	B	T	Y



# Gum Disease and Oral Health



## Symptoms

***Do your gums ever bleed when you brush your teeth? Do you notice you have bad breathe?***



This could be an early sign of gum disease, known as gingivitis. If gingivitis is not treated, a condition called periodontitis can develop. This affects the tissues that support teeth and hold them in place.

If periodontitis is not treated, the bone in your jaw may be damaged and small spaces can open up between the gum and teeth.

***Be careful! Your teeth can become loose and may eventually fall out!***

## Causes

Gum disease is caused by a build-up of plaque on the teeth. Plaque is a sticky substance that contains bacteria. Some bacteria in plaque are harmless, but some are harmful for the health of your gums.

If you do not remove plaque from your teeth by brushing them, it builds up and irritates your gums!



## Prevention

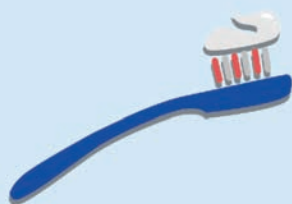
Mild cases of gum disease can usually be treated by maintaining a good level of oral hygiene. This includes brushing your teeth at least twice a day and flossing regularly.

***You should also make sure you attend regular dental examinations! – see page 11.***

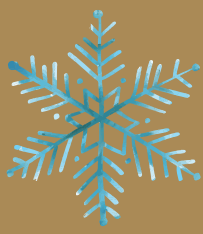
In most cases, your dentist or dental hygienist will be able to give your teeth a thorough clean and remove any hardened plaque (tartar).

They will also be able to show you how to clean your teeth effectively to help prevent plaque building up in the first place. If you have severe gum disease, you will usually need to have further medical and dental treatment.

In some cases, surgery may need to be carried out. This will usually be performed by a specialist in gum problems i.e. a Periodontist.



# Gum Disease and Oral Health



## The role of a dental hygienist in preventing gum disease

Regular professional cleaning to remove plaque and tartar (see page 10), combined with looking after your teeth and gums properly at home, will help keep your mouth healthy. A clean and healthy mouth will improve the appearance of your smile and help maintain fresh breath - **YAY!**



At your appointment, Diane or Hilary will carefully remove the hard deposits of tartar that build up on the teeth and teach you how to effectively clean your teeth.

By talking to you about your diet, and recommending other preventative measures, the hygienist can help you keep to a routine that will prevent gum disease and tooth decay.

*Book your appointment with Diane or Hilary, our lovely dental hygienists who will help you with your oral health!  
Contact us at Reception to book your appointment.*

*Diane*

Available on:  
Monday,  
Tuesday,  
Wednesday,  
Friday



*Hilary*

Available on:  
Monday,  
Tuesday,  
Wednesday,  
Thursday



*Cleaning your teeth with plastic  
could soon be a thing of the past!*



*As well as selling the Sustainable Bamboo  
Tooth Brush, we are now selling Sustainable  
Bamboo Interdental Brushes! If you would  
like to do your part for the environment,  
please view a sample and purchase your  
brushes at Reception!*





# Tooth Trivia Answers



1. 1939

2. True!

3. True! Teeth are harder than bone and are the last part of the body to be broken down.

4. 2 minutes. Each quadrant of your mouth should be brushed for 30 seconds.



5. 35%

6. True!

7. Molars. Molars and wisdom teeth are used to grind food. Canine teeth are used to tear and rip food.

8. True!

9. Cheese. Cheese creates a protective layer around teeth which neutralises acid in plaque.



10. Snails have thousands of teeth!



# Important Notice

90 hours of appointments at the HSDP were missed in the last six months!

This impacts on all our patients!

We are therefore, regrettably, having to introduce a fee for missed appointments and also a deposit for new treatments.

*Failure to attend an appointment or cancellation with less than 24 hours' notice will incur a fee of £25 per 15 minutes of appointment time missed.*

Please ask Reception regarding interest free payment.

**Private patients are welcome!**

**We offer the option to join one of our Membership Plans:**

#### Membership Plan 1

- Regular examinations and two hygienist visits as recommended by your dentist
- x-rays (as necessary)
- 10% discount (excluding elective and advanced treatment)
- diet and oral hygiene advice
- all your preventive dental care is included
- guaranteed registration with the Practice and continuing access to your dentist
- appointment times to suit you whenever possible
- membership card with 24 hour helpline for dental emergencies at home or abroad
- eligibility to request assistance from the worldwide Dental Emergency Assistance Scheme

#### Membership Plan 2

- all Membership Plan 1 benefits, plus:
- regular examinations and four hygienist visits as recommended by your dentist



#### Contacts:

01249 477001

info@thehsdp.co.uk

www.thehighstreetdentalpractice.co.uk



*Please follow our social media accounts to keep up to date with all HSDP events and offers!*



#### How to find us



Any queries please ask our Reception team;  
Sophie and Kirsty will be more than happy to help!