

# Langmans Dental Health Centres

We would like to wish all our patients a very Merry Christmas and a Happy New Year. We hope you won't need us over the festive season but in case you do our opening hours can be found overleaf.

## Staff News

Following on from our last newsletter which announced that Dr Grainne Quirke and Trainee Dental Nurse Lauren were starting their maternity leave, we are very pleased to let you know that they have both given birth to beautiful baby girls!



## New Faces

We are delighted that two new dentists and trainee dental nurses have recently joined the team:

Dr Nick Denney joined the team at the end of October. Nick is working in both the Wellesbourne and Stratford practices. Nick graduated from Birmingham University in 1998 and has been recently working in Leamington Spa and Birmingham.

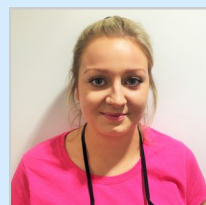


Dr Suzanne Rayner joined the team at the beginning of November and is working in the Stratford practice. She graduated from Manchester University in 1989 and has recently been working in Nuneaton.



We are very pleased to have them on board and our receptionists are receiving lots of excellent feedback comments from patients who have started to see them.

Elle has joined us as a Trainee Dental Nurse and will be working towards the NEBDN National Diploma of Dental Nursing with Arden Dental Training Centre.



Phoebe has joined us on an Apprenticeship in conjunction with Warwickshire college. She is studying towards the Level 3 Diploma in Dental Nursing.



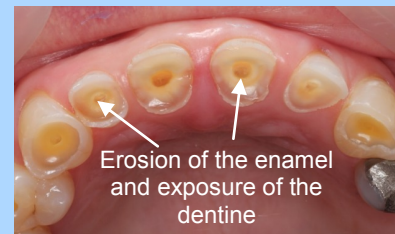
## Oral Health Open Day

On November 4th we opened our doors for our first Oral Health Open Day. Our attendees performed fun experiments, talked about hidden sugars, tried our tooth friendly snacks, took part in tooth brushing demonstrations and learnt which medications and medical conditions can affect oral health. We had excellent feedback with all of our attendees learning something new. The children went home with goody bags and balloons and the adults got lots of freebies too!



## Dental Erosion

Dental Erosion is the loss of tooth enamel caused by acid attack. Fizzy drinks, fruit juices, herbal teas, citrus fruits and wine are just some of the food and drinks that are acidic. Every time the acid meets your teeth the enamel becomes softer and is more susceptible to being worn away. Saliva helps to wash away the sugars and neutralise acids but this takes time. If you keep consuming sugary and acidic food and drink it simply cannot keep up and so your teeth become damaged. When the enamel is worn away the dentine underneath is exposed. This may lead to pain and sensitivity.



### What can you do to help prevent erosion?

- Limit acidic food and drinks to meal times to reduce the number of acid attacks on your teeth.
- Finish your meal with milk or cheese as this helps neutralise the acid.
- Wait for at least one hour after eating or drinking anything acidic before brushing your teeth. This may mean you need to brush your teeth before breakfast - this is fine. In fact, brushing before breakfast is the best time to brush your teeth in the morning and we would encourage you to make it your norm!
- Chewing sugar free gum after a meal increases saliva which helps to cancel out the acids.
- Cut down on sugary drinks and if possible drink water and milk. If you do want a sugary drink such as a glass of fruit juice or wine then have it with a meal.



Acid reflux, vomiting (morning sickness, bulimia) and dry mouth can also contribute to erosive tooth wear. If you have any questions or concerns about dental erosion please ask your dentist next time you visit.

## Car Parking - Stratford

Despite the large sign in the car park, signs in the reception area and mentions in several newsletters we are still finding that some patients are misusing the car park. The car park is for **appointment times only**. Under no circumstances should any patient leave their car in the car park whilst they go to the shops or visit any other service which is not related to their appointment. Unfortunately we are now having to monitor this and patients that are found to be abusing the system are being reported to the practice manager and may be asked to leave the practice.



The car park is only small and whilst made available for patients to use, we are a busy practice so cannot guarantee there will always be a space. If you are unable to find a space, please do not take your frustrations out on our reception team. There are plenty of public car parks very close by.

## Before & After

This patient wasn't happy with the colour of her teeth. She undertook a course of home whitening and her teeth are now several shades whiter.

If this is something that interests you please discuss it with your dentist at your next appointment.

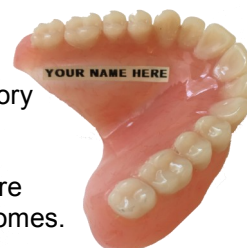
Home Whitening costs £295



## Denture Naming

Did you know that our on-site dental laboratory offers a denture naming service.

This is particularly useful for patients who are going into hospital or for residents of care homes.



## Christmas Opening Hours

Christmas Eve  
Christmas Day  
Boxing Day  
Tuesday 26th December  
Wednesday 27th December  
Thursday 28th December  
Friday 29th December  
Saturday 30th December  
New Years Eve  
New Years Day  
Tuesday 2nd January

Closed  
Closed  
Closed  
Closed  
9am - 1pm  
9am - 1pm  
9am - 1pm  
Closed  
Closed  
Closed  
Open as usual

For urgent dental care outside of these hours please call the practice and follow the instructions on our answer phone message

## Reviews - we love to receive them - Thank You

### Facebook

**Ann Jordan** First visit to the practice today and I can confirm that Dr Denney is lovely with a very nice manner. Receptionists are very friendly and helpful. Would highly recommend.  
Like · Reply · 31 October at 17:06 · Edited

### Google+

**Ben Cunliffe**  
4 reviews

★★★★★ a month ago

Facilities, staff, service - all 5 star. To offer this level of consistency for so long says it all.

★★★★★ Anonymous gave Langmans @ Ely Place a rating of 5 stars

### NHS Choices

#### NHS care and implants

Very satisfactory experience on both counts. This is a modern well organised practice. Staff are pleasant, well trained and engaged with clients. The dentist was excellent. Highly professional and involves patient at every stage of treatment. I think this is undoubtedly the best dental practice I have visited. Highly recommended.

Visited in November 2017. Posted on 17 November 2017

