



Langmansdental



The team at Langmans Dental would like to take this opportunity to wish you and your families a wonderful Christmas and a Happy New Year. 2020 has been a challenging year for us all, and I think we can all agree on one thing - roll on 2021!

We would like to take this opportunity to thank you for your support and understanding throughout this pandemic. It has been an uncertain time for everyone.

In line with the guidelines set by the Chief Dental Officer for England and other regulatory bodies we are open and continuing to prioritise patients that require urgent care, who have outstanding treatment requirements and those who are at higher risk of oral disease.

We are still restricted on how many patients we can see a day. At present we are currently unable to see anywhere near the number of patient we were seeing pre-covid.

We have been posting regular updates on our website homepage and social media pages which explain the reasons behind everything we are doing. Please continue to check these regularly.

CHRISTMAS OPENING HOURS

Christmas Eve	8.30am - 2pm
Christmas Day	CLOSED
Monday 28th	CLOSED
Tuesday 29th	8.30am - 3pm
Wednesday 30th	8.30am - 3pm
New Years Eve	8.30am - 2pm
New Years Day	CLOSED

If you have a dental problem over the Christmas period please give us a call and we will arrange for a dentist to phone you back and book you an appointment if necessary.

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

Some of the fantastic comments you have written during the Covid-19 Pandemic



Jade Simone recommends Langmans Dental Health Centres. 17 November at 12:58

Brilliant service. I called crying in pain after a bad extraction and they had me in an sorted within the hour amidst the pandemic. Very professional and stuck to COVID guidelines regarding hygiene. So grateful to all the staff. We take our NHS for granted far too much



Carol Coldicott recommends Langmans Dental Health Centres. 26 October at 14:33

I was feeling quite nervous before my appointment today. All staff were very caring and especially Mr Griffiths who was extremely informative, reassuring and kind. Thank you very much. Xxxx



Steve Pearce recommends Langmans Dental Health Centres. 26 October at 17:27

Highly recommend Langmans Wellesbourne. After a traumatic few days with severe toothache, Sam Lloyd on reception was extremely helpful and got me sorted with an emergency appointment asap. Gina Chima, the dentist who treated me was excellent - calm, patient and very capable. She extracted the tooth and I am now pain free. The dental nurse was excellent too (sorry I don't know your name). I have been a patient at the practice for many years and my treatment has always been excellent. Many thanks Langmans Wellesbourne from Steve Pearce



Simon Jarvis
8 reviews · 1 photo

★★★★★ a month ago

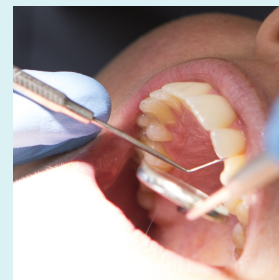
Fantastic experience from a team of true professionals working under really challenging conditions during this pandemic. The reception team who complete the on-the-phone Covid check were polite and efficient. The chaperone who greets you at the door was reassuring and very thorough, ensuring patients and staff stay safe. The dentist and assistant were friendly and knowledgeable. Thank you team Langmans.

Thank you!

We really appreciate receiving feedback

Routine Appointments

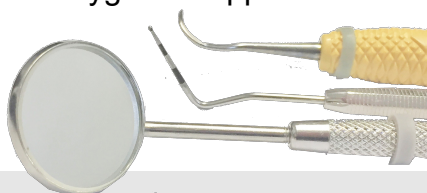
As you will be aware, we have had to cancel a huge number of routine check-up appointments this year for several reasons, including the requirement to prioritise appointments by urgency and minimise face to face patient contact. We understand that this is frustrating. Our dentists are risk assessing their patients to ensure that those at high risk are seen for routine examination appointments first. In the meantime if you have any dental concerns please do not hesitate to contact us. Please do not leave a problem until your next check-up appointment. We have dentists available to speak to patients every day.



Hygiene Appointments

Our hygienists are available to treat patients with gum disease. They are not yet undertaking cosmetic cleans/stain removal. At present a hygiene appointment will involve assessing current condition, providing oral hygiene advice and using hand instruments as required. We have extended the length of a hygiene appointment to accommodate this change and the cost for this is now £65.

If we used the ultrasonic scaler or Airflow at this time which create a water aerosol, we would then have to 'fallow' the surgery for up to an hour after each appointment and this would involve an additional charge. If you feel you would benefit from a hygiene appointment please give us a call.



Oral Health Reminders

Whilst it is important to see your dentist and hygienist as often as recommended, it's what you are doing to take care of your teeth and gums between visits that is key to a healthy smile. Remember:

- Brush for 2 minutes twice a day



- Don't rinse your mouth after brushing



- Clean in between teeth once a day



- Limit sugar intake & frequency



- Check your mouth for signs of mouth cancer monthly

Reminder of Changes in the Practice

We have always had very high levels of infection control. These have been enhanced further during the pandemic. You will therefore notice a few changes when you come for an appointment, including:

- We will ask you Covid Screening Questions on booking and again on arrival for your appointment
- Your temperature will be taken before allowing access into the building
- Masks are to be worn by patients inside the building
- We are limiting the number of patients inside the building and adhering to social distancing measures
- Patients will be asked to hand sanitise on entry, exit and when paying for treatment
- Our team will be wearing enhanced levels of PPE
- We will undertake additional levels of cleaning and disinfecting between every patient



Introducing our newest team members

We are very pleased to welcome Hygienist Daisy who has joined us full time at the Stratford Practice.



We would also like to welcome Dental Nurse Anya and Trainee Dental Nurses Kelly-Marie and Emma who have joined us over the last few months.



EMMA



KELLY-MARIE

New NHS Charges

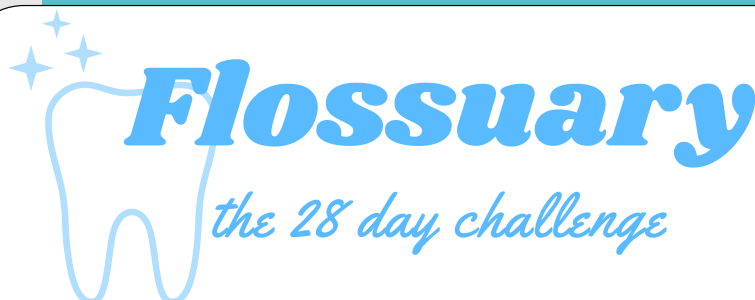
The NHS have increased their charges from 14th December 2020. The new charges are below. For details of what is included in each band please look on our website under 'fees'

Band 1 - £23.80

Band 2 - £65.20

Band 3 - £282.80

Urgent Band - £23.80



Don't forget that February is 'Flossuary' the month when we challenge you to clean in between your teeth once a day for 28 consecutive days. Cleaning between your teeth on a daily basis, reduces the risk of gum disease, which can lead to tooth loss. It also reduces your risk of many other serious health conditions such as diabetes, heart disease, stroke and even Alzheimers!

Due to Covid, we are unable to hand out packs as we have done in previous years. However, from January, the website www.flossuary.com will have packs available to download or be posted to your home. We will remind you of this on our social media pages in the New Year.



Facts About Mouth Cancer

1 person every
3 hours
is lost to
Mouth cancer

Over
8300
new cases in the
UK each year

Each year
2700+
lives are lost
to Mouth Cancer

Worldwide Mouth
Cancer affects
650,000
per year

Mouth Cancer is
twice
as common in men
than in women

78% off cases
occur in the
Over 55
age group



Mouth Cancer
FOUNDATION
www.mouthcancerfoundation.org

With routine check ups delayed due to Covid-19, dentists have been unable to perform mouth cancer checks on patients as normal. It is therefore really important that you regularly perform checks at home, and know what to look for. There is lots of information on The Mouth Cancer Foundation website, including videos to show you how to check your mouth.

Check yourself once a month using our simple 2 minute self check guide.

1. FACE - Look for swellings you have not noticed before and inspect your skin. Turn your head from side to side, stretching the skin over the muscles making lumps easier to see.

2. NECK - Run your fingers under your jaw and feel either side of your neck. Are there any swellings?

3. LIPS - Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.

4. GUMS - Examine your gums feeling around the gum for anything unusual.

5. CHEEKS - Open your mouth and pull your cheek away one side at a time. Look for any red or white patches. Check for ulcers, lumps or tenderness.

6. TONGUE - Gently pull out your tongue and examine one side then the other. Look for swellings, ulcers or changes in colour. Examine the underside of your tongue.

EARLY DETECTION IS KEY!

7. FLOOR AND ROOF OF MOUTH - Tilt your head back and open your mouth. Then lift your tongue up and look at the floor of the mouth. Observing changes in colour, ulcers or swellings.

