



Summer 2021

## Coronavirus Update

Since our last newsletter there has been some easing of lockdown restrictions and following Mondays announcement there are likely to be many more changes on July 19th. However, at present the NHS have not changed any of the regulations that we have to follow and until this changes we are still unable to see anywhere near the number of patients that we would usually see in a day.

We continue to prioritise patients needing urgent care and those who are at a higher risk of oral disease. We have also started to see patients for routine exams where space in the appointment books allows. We are initially prioritising access for higher risk patients so there may be a longer wait than usual for your appointment.

If you have a child that has not been seen for over 12 months or believe that you are a high risk patient and have not heard from us please give our reception team a call. Examples of high risk categories:

- Patients that are usually seen every 3 months
- Oral Cancer - If you have any suspicious bumps, lumps or patches that aren't going away
- Gum Disease - If you have previously been diagnosed with gum/periodontal disease
- Tooth Decay - If you experience regular tooth decay and usually need a filling when you come for a check-up and/or are prescribed fluoride toothpaste

If you are not a high risk patient but feel you need a check-up for any reason, please give us a call and our reception team will be able to triage and provide further advice. If you are experiencing any dental problems or pain please give us a call. Please do not leave a problem until your next check-up appointment.

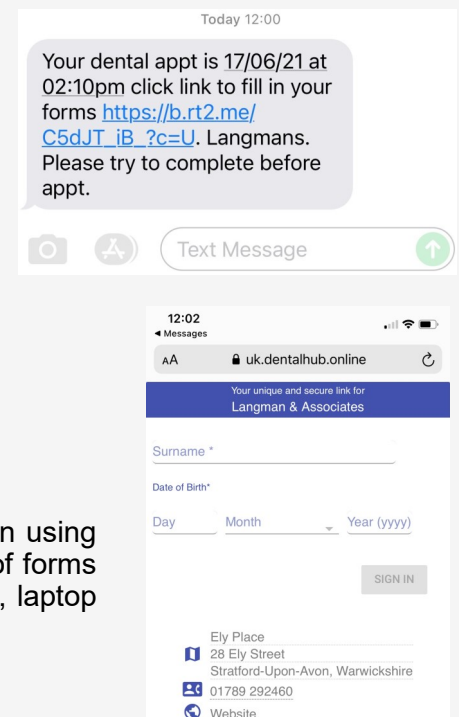


## Important - Prior to your appointment

One of the changes we have made due to Covid is to reduce the number of touch points during visits. We have therefore tried to go paperless where possible. Prior to every appointment we are sending out forms which need to be completed before we can see you. These include:

- Medical History - This is essential to ensure we have your up to date medication, health conditions etc. It needs completing annually.
- Pre-Appointment Questionnaire - this is a Covid screening form
- Patient Details Form - for you to check that we have your correct address/ phone number
- Contact Consent Form - for you to decide if you want to receive our newsletters etc.
- and for NHS patients, the NHS Practice Record Form which is an electronic version of the 'FP17' declaration form you used to sign when checking in.

We will send you a link either via email or text to access your forms. You login using your surname and date of birth. Each link is unique. You will then see the list of forms to be completed. Once they have been filled in online using your phone, tablet, laptop or PC, click save and they will automatically save to your records here.



If you have any problems completing the forms there is a video on You Tube that should help. Search for 'How to fill out your forms in patient portal' It can also be found on our website in the video section: langmansdental.co.uk/videos

## Mouthguard Impression Day

We will be holding our annual Mouthguard Impression Day on **Thursday 5th August** from **1.30pm - 5pm** at the **Stratford Practice**. To ensure social distancing is maintained it will be slightly different this year in that an appointment will be required. Please contact reception on 01789 292460 to make an appointment.

The mouthguards are handmade on site in our dental laboratory. They are CE certified, come with names included as standard and are available in a range of colours and patterns. Prices are from £30 - £60.

Around 40% of injuries to teeth happen during sports. Dental trauma is never planned but the risk can be reduced. We recommend wearing a custom fitted mouthguard for any sport that involves falls, body contact or flying equipment.



## Welcome Jane!



We are delighted to welcome our new associate dentist, Dr Jane Phillipson, who joined us at the Stratford Practice in May.

We also have a new dentist joining the Wellesbourne practice in July who we will introduce to you in our next newsletter.

## Follow us on:



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## Don't let sensitive teeth ruin your summer

Teeth become sensitive when the outer enamel layer becomes thin or damaged and exposes the dentine layer beneath. This layer contains tiny tubules which lead to the nerves in your tooth. If exposed, ice cream and other cold food/drinks popular in the summer months stimulate the nerves through the tubules and cause the sharp pain.



### Tips to help minimise sensitivity:



Use a toothpaste for sensitive teeth. As well as brushing with the toothpaste, rub a small amount on to the sensitive area with your finger. This will help block the tubules.



Limit acidic food and drinks such as carbonated drinks, citrus fruits etc. They can irritate the dentine layer and will also gradually erode the enamel. Try to drink fruit juices and fizzy drinks through a straw to protect teeth.



Make sure you aren't brushing too hard. This can wear away the enamel and pull the gum away from the tooth exposing the root. Choose a toothbrush with soft bristles and don't scrub at your teeth. Many electric toothbrushes have sensors built in which tell you if you are brushing too hard.

**If you have a persistent sensitive tooth that your dentist doesn't know about, book an appointment to get it checked out to make sure it isn't caused by decay, a hairline crack or gum disease.**

## Stay Hydrated This Summer

During the summer months, it's important to stay hydrated to keep healthy. Think carefully though when choosing your drinks as some are not so good when it comes to the health of your teeth!

**Drink Water** - Water is the best drink for our overall health as well as our teeth. Drinking water throughout the day helps to wash away food debris and sugars that the bacteria love to feast on. It also helps prevent dry mouth - the perfect environment for bacteria! If you drink local tap water it contains fluoride which strengthens the enamel and helps prevent tooth decay.



**Skip the Bubbles** - Carbonated drinks such as soft drinks (including sugar free) and prosecco, are acidic. The acids in these drinks can cause tooth erosion which is when the tooth enamel is worn away.



**Use a straw** - If you are going to drink something other than water, using a straw will minimise the contact of the drink with your teeth.