



## Christmas 2023

We would like to take this opportunity to wish you and your families a very Merry Christmas and a Happy New Year!

## Christmas Dental Tips

Christmas is a time for celebration and indulgence, but it's also important to maintain good oral health during the holiday season. Here are some Christmas dental tips to help you enjoy the festivities while safeguarding your oral health:

- **Moderate Sugary Treats** - Excessive sweet treats can increase the risk of cavities. While it's okay to indulge occasionally remember to enjoy them in moderation.
- **Stay Hydrated**—Drink lots of water to help rinse away food debris and maintain saliva production, which is vital for neutralizing acids and protecting teeth from decay.
- **Avoid using Teeth as Tools**- Using teeth to open nuts, tear sellotape and packaging can lead to chipped or damaged teeth.
- **Chew Sugar-Free Gum** - this will help stimulate saliva production, which aids in cleaning the mouth and neutralizing acids.
- **And of course maintain a good oral hygiene routine**—brushing twice a day with a fluoride toothpaste and cleaning between teeth once a day.



## Christmas Opening Hours

Christmas Day (25th)	Closed
Boxing Day (26th)	Closed
Wednesday 27th Dec	8.30am—5pm
Thursday 28th Dec	8.30am—5pm
Friday 29th December	8.30am—5pm
Monday 1st Jan	Closed
Tuesday 2nd Jan	Open as Usual

**For urgent dental care outside of these hours please call 111**

## Cold Weather & Dental Sensitivity

Some people find that cold weather can exacerbate dental sensitivity. Sensitivity is characterised by sharp, temporary pain in response to certain triggers. It occurs when dentin, the layer of tissue beneath the tooth enamel, becomes exposed or when the enamel is worn down. Cold weather can contribute to or worsen this condition.

If you are going outside, and it's particularly cold, breathe through your nose where you can, as this will minimise how much of the cold air hits your teeth. You might like to wear a layer of clothing over your mouth, such as a scarf, to keep the cold air out. We also recommend brushing your teeth with toothpaste designed for sensitive teeth and not brushing too hard.



If you have visited us recently we would really appreciate it if you could :



# Car Parking

## STRATFORD

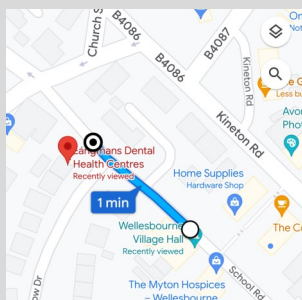
Unfortunately despite the large sign we are finding that some patients are still misusing the car park. We currently offer free parking for patients to use whilst at the practice for their appointment. Under no circumstances should any patient leave their car in the car park whilst they go to the shops or visit any other service which is not related to their appointment. There are plenty of public car parks in the vicinity that can be used if you need to go elsewhere.

We are starting to monitor this again and patients that are found to be abusing the system will be reported to the practice manager and may be asked to leave the practice.

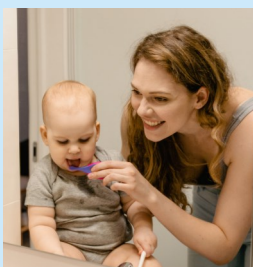


## WELLESBOURNE

Please be courteous to our neighbours on Willow Drive. If our car park is full please use the Village Hall car park just a short 1 minute walk away.



## A few tips for parents to help children maintain healthy mouths



- **Start Early** - Even before your baby gets a first tooth you can get them used to you cleaning their gums by using a soft cloth on them after feeds.
- **Dental Appointments** - Bring them with you to your appointments so they become familiar with the surgery and book their first appointment as soon as they get their first tooth or by their first birthday - whichever comes first.
- **Use a soft bristled brush** with a small head and a toothpaste suitable for their age.
- **Supervise Brushing** - Children often lack the dexterity to brush effectively on their own until they are around 7 or 8 years old. Until then, parents should supervise and assist as needed.
- **Use a Sippy Cup Sparingly**: Transition from a bottle/sippy cup to a regular cup as soon as your child is ready. Try to avoid prolonged use of sippy cups as these can lead to dental issues.
- **Drinks** - Encourage your child to drink water throughout the day. If giving juice try to water it down and limit to small servings at mealtimes. Avoid sugary squashes and fizzy drinks.
- **Lead by Example** - Children often learn by watching their parents.

## Top up Kits - Tooth Whitening

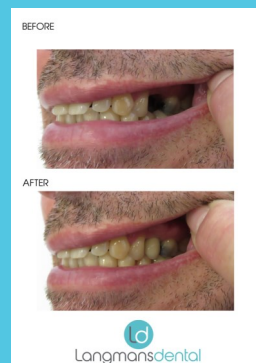
Do your teeth need a whitening top up before the Christmas Party season begins?

Our top up kits are extremely reasonable starting at just £25.

Please note for us to be able to provide this you will need to have had whitening with us before. If some time ago your dentist may need to check that the trays still fit securely. You must also have had a check up appointment within the last year.

## Dental Implants

In 2012 the Association of Dental Implantology estimated that around 130,000 implants were placed each year in the UK. That number is thought to have now doubled. We have certainly noticed the increase in demand for implants over the years.



There are several reasons why more people are choosing dental implants as a solution for missing teeth and other dental issues:

- Dental implants closely mimic the look, feel, and function of natural teeth.
- Dental implants allow for better chewing and speaking abilities compared to removable dentures
- Unlike traditional dental bridges, dental implants do not require the alteration or reduction of adjacent healthy teeth
- When a tooth is lost, the underlying jawbone can begin to deteriorate over time. Dental implants help stimulate and preserve the bone, preventing further bone loss and maintaining facial structure.
- Having a natural looking smile can boost a person's confidence and self-esteem.

So in summary, dental implants give a fully functional and highly aesthetic result. They are an optimal long-term solution for many cases where teeth are missing or need removing.



Don't forget to sign up at [flossuary.com](http://flossuary.com) to take part in February's Flossuary Challenge.

Cleaning between your teeth daily 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!

