



Spring/Summer 2024

## Spring Cleaning Tips for your Dental Health

Spring is here and it's the perfect time to refresh your dental routine to ensure your smile is bright and healthy. Here are some tips:

- 1. Start your spring cleaning by replacing your toothbrush**  
We recommend replacing your toothbrush every three months, or sooner if the bristles become frayed. A new toothbrush ensures effective plaque removal.
- 2. Deep clean your dental appliances**  
Do you wear retainers, nightguards etc? If so these should be cleaned to prevent bacteria build-up. Clean daily after wear with a soft toothbrush and then regularly deep clean using a mild soap or an effervescent tablet such as retainer brite. Avoid using any harsh chemicals.
- 3. Update your oral hygiene routine**  
How are you getting on with flossing each day? Do you find it a struggle? Sometimes you might just need to try something else. As well as floss there is tape (a thin ribbon of floss) and many different interdental brushes and picks you could try.
- 4. Consider Cosmetic Treatments**  
Spring is a popular time to start treatments such as tooth whitening to refresh and brighten smiles ready for the summer. Remember that only dental professionals are legally allowed to whiten teeth. Please do not risk your smile anywhere else.



## 2024 Fees

The NHS increased their prices from 1st April. The new prices are as follows:

- Band 1 - £26.80 (exams)
- Band 2 - £73.50 (fillings, root canals & extractions)
- Band 3 - £319.10 (crowns, bridges & dentures)

Our private fees were also updated in April. Please see our website or ask our reception team for an updated price list.

The practice membership prices will be increasing in July this year. Existing members will receive a letter from Practice Plan in May with the details. The membership is a great way to spread the cost of your routine dental care and also encourages regular attendance which means we can spot any dental issues early.

## Teeth Whitening

Summer means graduations, weddings, holidays and countless photos! It's the perfect time to consider brightening up your smile.

Our Boutique Home Whitening system has proved very popular with patients and we have held the price this year at £350.

Interested? Book in to see your dentist to discuss.



# Essential Tips for Dental Safety this Summer



## 1. Wear a Mouthguard

We are generally more active when it's nice weather. If you or your child are engaging in recreational activities or sports that involve moving objects, the risk of falls etc. then wearing a mouthguard is crucial to protect teeth from injury.

## 2. Stay Hydrated

Saliva helps neutralize acids in the mouth and protects against tooth decay, so drink plenty of water throughout the day.

## 3. Don't Chew on Ice

Have you ever finished an ice cold drink on a hot day only to find yourself chewing on the leftover ice? It can be very harmful to your teeth and lead to cracks or chips.

## 4. Maintain Oral Hygiene While Traveling:

If you're going on holiday, don't forget to pack your oral hygiene essentials, including a toothbrush, toothpaste, and dental floss. Stick to your oral hygiene routine even while away from home.

## 5. Be prepared for a dental emergency

During the summer months, dentists typically see an increase in all types of traumatic dental injuries. Know what to do in case of a dental emergency such as a knocked out tooth. See below.

## Dental Trauma

### Knocked Out Tooth

If it's an adult (permanent) tooth:

Hold it by the crown (the part you usually see above the gum) and gently rinse under cold water. Do not touch the root. Replace it into the socket and using a clean cloth bite down to hold it in place and go **straight** to your dentist.

If you are unable to replace the tooth into the socket. Put it in a container of either milk or the child/adult who has lost the tooth's saliva. Do not place it in water and do not let it dry out. Then go **straight** to the dentist.

If it's a baby tooth:

Do not try and replace the tooth as it can damage the developing adult tooth underneath.



### Broken Tooth

Broken permanent teeth can usually be repaired successfully. Tooth fragments should be saved if possible, as they can sometimes be reattached. If not the tooth can be either be built up with a composite material or if a large portion has broken off a crown may be required.

### Dislodged Tooth

If the tooth is loose but still in the socket it may need to be splinted into place. This is when a thin metal wire is attached to the tooth as well as to nearby healthy teeth. This allows the tooth to heal in the correct position.

**If you or your child experience a dental injury please give us a call asap for advice**

## Mouthguard Impression Day Dates

Dentist Anne-Louise Langman will be at the Stratford Practice on the afternoons of the 1st and 8th August to take impressions for anyone needing a mouthguard. If your child already has one, please remember to check that it still fits and is comfortable. Children's mouths and jaws are continuously changing as their permanent teeth come in and their facial structures develop. As a result, a mouthguard that fits well initially may become too tight or uncomfortable after some time, potentially affecting its effectiveness and the child's willingness to wear it.

Special On the Day Prices will be:

Junior (Primary School) £40 - £45 depending on design choice  
Tough Stuff (Secondary School) £72 - £88 depending on design choice  
Rock Solid (Senior/Club) £80 - £96 depending on design choice

**Please call 01789 292460 to book an appointment.**



\* 20% Discount is off Tough Stuff and Rock Solid list prices and is valid on the Impression Days only