

Duns Dental Practice Newsletter



Hot Gossip

What you said about us

We asked some of you to complete a survey about your experiences at the practice. Thank you to all who took part – your help ensures we continue to provide a quality service and helps us develop to best suit your needs. The feedback was overwhelmingly positive.

98% of 100 patients said that they would recommend us to someone else. Respondents said they received emergency care promptly when required and their problems were resolved at the first visit in 96% of cases. 100% were happy with the cleanliness of the practice.

You told us that you were not too familiar with our website or what to do in an emergency out of hours. In response, we plan to set up an information screen in the reception area to raise awareness and address these issues. If you did not get the opportunity to take part in the survey and would like to give us feedback please simply tell one of our team members.

Why don't you just give me some antibiotics?

Dental abscesses – gum or tooth related are caused by bacteria just like many other infections. Most dental abscesses are usually localised and can, therefore, be treated with local measures such as a deep clean for a gum abscess; root canal treatment or extraction for a tooth abscess.

There is a rising incidence of resistance to antibiotics. You may also suffer unwanted side effects like a “dickie tummy”. A small possibility of an allergic reaction also exists – ranging from mild to life threatening.

Best Practice guidelines clearly state when to use antibiotics – mainly if the infection is causing major local swelling or other symptoms affecting your whole body.

We thoroughly assess each situation, discuss the options with you and, whenever possible, take local action for long term results. Antibiotics in dental situations only ever “buy time”.

Brighter, better smiles

We are often asked how you can achieve a brighter smile or whiter teeth. Porcelain veneers and crowns are sometimes an option but they often involve cutting down part of a tooth. Two enhancing treatments that do not destroy tooth are discussed below.

Tooth whitening uses special gel prescribed by your dentist and placed into custom made mouth trays by you at home over a few weeks. This can enhance your natural tooth colour by as much as 3 shades and current research tells us that it produces a more stable and predictable result than so called "power bleaching" done in the surgery, usually, at a single treatment. Government legislation came into place on 31st Oct 2012 confirming that only dentists may legally provide tooth whitening. It also clarifies the composition of the materials that are allowed to be used. Treatments start from £250. For more information please ask a team member or look at the tooth whitening section in the advice library at www.dunsdental.co.uk.

For practice members who have stained teeth due to deposits left by food products or smoking we offer Airflow treatments at £35 per session. (£15 when pre-booked as part of your routine Perio-therapy appointment) This technique allows us to gently remove the stains with specially rounded spherical particles - thus avoiding the damage to the tooth surface conventional polishing may cause. Ask a team member for more information.

Team News

The Practice team would like to say farewell and thank you to Jason Mandle, who has now completed his postgraduate year with us and is replaced by Fiona Wright, joining us from Glasgow. She will be with us for two years part time. For information about all our team members please see their profiles in the "Meet the team" section of our website www.dunsdental.co.uk.

We are delighted that Amber Aplin has now extended her clinical sessions to Mondays, Tuesdays and Fridays. This has allowed us to accept new practice members once again. Care plans start from £10.95 per month. Alternative payment options are also available. The children of our practice members are currently treated under National Health Service terms and conditions.

Congratulations to Katie McKenzie who has now completed her Childsmile training and is qualified as our Childsmile co-ordinator.

Buyer Beware

This summer, the Olympics and Paralympics focused awareness on sport and fitness. We all know about obvious sugar traps like sweets. It is "sugar by stealth" that we are less aware of. A recent article in the Scotsman (Saturday 18 August) for example, highlighted some of the misconceptions we have about cereal bars. Far from being healthy, some cereal bars often contain more fat and sugar than some well known chocolate bars. Which? tested 30 cereal bars. 16 were one third sugar. Some of the culprits included Nutri-grain Elevenses (nearly 4 teaspoons of sugar - more than a small can of Cola), Tracker Roasted Nut Bar (almost a third fat) and Monster Puff, a cereal bar marketed specifically to children (more than 2 teaspoons of sugar).

Healthier options, based on recommended allowances, were The Nak'd apple pie (no added sugar), Alpen light apple and sultana (the only one with three green traffic lights for fat, saturated fat and salt) Weetabix Oaty Strawberry Crusher Bar was deemed the healthiest choice for children (low salt content and medium levels of fat and saturated fat). Remember that cheese, nuts and fresh fruit (all in moderation) are still considered the best options. The hyperlink to the full article is <http://www.scotsman.com/business/personal-finance/warning-over-healthy-cereal-bars-full-of-fat-salt-and-sugar-1-2476226>

Childsmile Update

"Childsmile Duns Dental" is now up and running. It is part of a National programme that aims to provide dental care advice and the application of topical fluoride varnish to all children in Scotland under 6 years old. These sessions have been well received and we plan to send out a survey to initial participants soon, seeking feedback, so that we can build on its early success. We also stock Childsmile products. (These are greatly subsidised by the programme and sold at cost) Toothpaste is 50p, toothbrushes 30p and tooth brushing timers are 30p.

Childsmile recommends that babies should be registered with a dental practice at birth and their first appointment will normally be at about 6 months old. It will usually be with Katie McKenzie, our Childsmile co-ordinator, and feeding/weaning, tooth brushing and dietary issues will be discussed. Katie will also answer any relevant dental queries. Fluoride varnish is applied, with carer consent, from 2 years old.