

The Rickmansworth Dental Centre

Newsletter

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Welcome to the tenth Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on previous issues. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

Practice News



Welcome to our Autumn 2003 Newsletter. We hope you had a good summer and enjoyed all the sunshine. Having predicted a rainy summer in our last newsletter, it has been decided to give up amateur meteorology and stick to dental matters. As announced previously, we are still aiming to become a member of the British Dental Association's Good Practice scheme. The practice must satisfy a number of relevant standards, all of which are based upon a consensus of what is regarded as good practice by the profession. More details of this can be found at our website (www.thedentalcentre.org) or at the practice. It is taking several months to complete all the necessary work to be accepted onto the scheme, but we are gradually getting there. It is our way of showing that you are getting the best care and attention possible.

Plans are progressing for the major refurbishment of the surgery also mentioned in our previous newsletters. If all goes according to schedule we should be able to announce a date for the start of the project quite soon.

We don't like you to have to spend too much time in the waiting room, but we are trying to make your wait as pleasant as possible. Following the new water cooler, we are now trying a new scheme which ensures we always have a wide range of up-to-date magazines for your enjoyment. So unfortunately the five year old copy of Punch, normally associated with dental waiting rooms is now a thing of the past. Please let us have your feedback on the new magazines.

Appointments



As we are exceptionally busy at the moment, you may find that when making a routine appointment, a convenient time may not be available for 4 weeks. We apologise for this and are trying to rectify the situation as soon as possible. We will still make every effort to see you on the same day in an emergency.

Dental Hygienist

Donna, our dental hygienist is changing back to her Monday and Thursday sessions from November.

There is information about the hygienist and what she does on the back of this newsletter.



covers the whole of the front of the tooth with a thicker section replacing the broken part. Veneers can also be used to close small gaps, when orthodontics is not suitable. If one tooth is slightly out of position, a veneer can sometimes be fitted to bring it into line with the others. The only requirement is that the teeth be structurally sound.

Tooth Whitening



We are seeing great results with our 'at home' tooth whitening system. We get our whitening kits direct from America, where it is the number one system. We have just received a new delivery of a new higher strength formulation, which gives optimum results in less than a week! Further information can be obtained from The Dental Centre.

Holiday

Adam will be on holiday from 17th to 27th December. The practice will still be open and the phone manned during normal opening times. Arrangements will be made for patients with severe emergencies. Opening times over Christmas and New Year are yet to be confirmed.



Focus On Veneers



What is a veneer?

A veneer is a thin layer of porcelain made to fit over the front surface of a tooth, very much as a false fingernail fits over a nail. Sometimes a natural colour 'composite' material is used instead of porcelain.

What are the advantages of veneers?

Veneers make teeth look natural and healthy, and because they are very thin and are held in place by a special strong bond (rather like super-glue) very little preparation of the tooth is necessary.

When would I need a veneer?

Veneers can improve the colour, shape and position of teeth. A precise shade of porcelain can be chosen to give the required colour, to improve a single discoloured or stained tooth or to lighten front teeth (usually the upper ones). A veneer can make a chipped tooth look intact again - the porcelain

How are teeth prepared for a veneer?

Some of the shiny outer enamel surface of the tooth may be removed, to ensure that the veneer can be bonded permanently in place later. The amount of enamel to be removed is minimal and will be the same as the thickness of the veneer to be fitted, so that the tooth remains the same size. A local anaesthetic (injection) may be used to make sure that there is no discomfort, but in many cases this is not necessary. Once the tooth has been prepared, an 'impression' will be taken. This will be given to the dental technician, along with any other information needed for him to make the veneer. The colour of the surrounding teeth is matched on a shade guide to make sure that the veneer will look entirely natural.

How are the veneers fitted?

First, Dr. Deitsch will temporarily place the veneers on the teeth to check their fit and colour. The veneers can be trimmed and shaped if the fit is not exactly right. Once you're satisfied with the veneers they will be removed and Adam will clean the teeth. Once the teeth have been cleaned, they will be etched with a mild gel and the veneers will be bonded to the teeth with bonding cement. The colour of the veneers can be adjusted with the cement used to bond them to the teeth. The cement is then hardened with a blue light (a process known as curing).

Will I need a temporary veneer between visits?

Because the preparation of the tooth is minimal, you will probably not need a temporary veneer. The tooth will look very much the same after preparation, but will feel slightly less smooth. If the teeth are too unsightly a temporary veneer can be placed.

What happens after the veneer is fitted?

Only minor adjustments can be made to the veneer after it is fitted. It is usually

best to wait a little while to get used to it before any changes are made. It can take time for you to get used to the appearance and feel of your new teeth, but you won't have to do anything special to care for them. You won't have to change the way you floss or brush.

How long will a veneer last?

Veneers should last for many years, but they can chip or break, just as your own teeth can. You should be careful not to bite your nails, chew on pencils, ice or other hard objects, or otherwise put unnecessary pressure on your teeth, because the veneers can come off or chip. Small chips can be repaired, or a new veneer fitted if necessary.

What about alternatives?

A natural coloured filling material can be used for minor repairs to front teeth. This type of restoration is excellent where the tooth supports the filling, but may not work so well for broken tooth corners. There will always be a join between the tooth and the filling material.

Crowns are used for teeth which need to be strengthened - either because they have broken, have been weakened by a very large filling, or have had root canal treatment.

Visiting the Dental Hygienist

At The Dental Centre we have a dental hygienist. Donna, our hygienist, is here on Tuesdays and Thursdays (Mondays and Thursdays from November).

Listed below are a few of the most frequently asked questions about hygienists and what a visit to the hygienist involves.

What is a hygienist?

Dental hygienists are specially trained to work with the dentist in providing care tailored to the patients' needs.

They play an important role in dental health care and are mainly concerned with gum health, education in correct home care and the application of preventive materials to the teeth and gums.

The hygienist's provides professional cleaning of the teeth for the patient. Most importantly they educate the patient in the best way to keep the teeth free of plaque.

Why is this treatment important?

Regular professional cleaning combined with your home care will help maintain a healthy mouth. A clean and healthy mouth will improve your appearance, help you keep your teeth and give you fresh breath.

Can a hygienist help prevent dental disease?

The training of the hygienist is centred on preventing dental disease. Carefully removing the deposits that build up on the teeth and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. Anti-bacterial gels and solutions can be applied under the gum to kill the bacteria causing gum disease. By discussing your diet and recommending other preventive measures your decay rate can also be reduced.

Children can benefit from having their teeth polished. The hygienist can also apply fluoride gels and solutions to help prevent decay. The permanent back teeth can also benefit from having the fissures sealed.

Why doesn't the dentist do this work?

Dr. Deitsch will carry out this type of work. However, the hygienist has been specially trained to carry out scaling and polishing and can spend longer with you. They are also expert at teaching you how to look after your teeth and gums. Often the hygienist will spend a number of appointments getting the gums healthy ready for the dentist to do the more complex treatment.

Will the treatment hurt?

Scaling and polishing is usually pain-free. However, if you do experience some discomfort the hygienist can eliminate this with the use of topical anaesthetic creams or by giving you some local anaesthetic. It is important that you let the hygienist know at the time so that some pain control can be given.

What can I do to help the Hygienist?

You can do a great deal to help yourself and the hygienist as you are in control of your mouth between visits to the practice.

Your hygienist will have shown you how to remove plaque with a toothbrush and fluoride toothpaste. You will also have been shown how to clean between your teeth with floss, tape or little brushes. There are many products now available and your hygienist will recommend those that are appropriate for you.

Do I need to see the hygienist?

Following your routine examination Dr. Deitsch will advise you if you require a visit to the hygienist. If you feel you wish to see the hygienist anyway, please contact the surgery and this can be arranged for you.

If you have any queries or require further information, please do not hesitate to contact us.



*Have a good Autumn.
With Best Wishes from Adam Deitsch and all the staff
at The Dental Centre. Don't forget you can find us
online at www.thedentalcentre.org*

