



The Rickmansworth Dental Centre Newsletter

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Issue 35, Winter 2010

Welcome to the 35th 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 Winter 2010 Newsletter.

We hope you're thawing out and have coped with the Arctic conditions. Despite the horrendous weather conditions, all the staff at The Dental Centre battled through the snow. We only closed early on one afternoon due to the weather. As you can see this time was not

wasted, as Adam and his band of young helpers managed to produce a fine snow-woman. All is now running smoothly at the practice as we prepare for the long hot summer ahead - or may be not!

Remember, if there is anything you would like to see at the practice or if there is any way we can make your visit more pleasant, please let us know and we will try to oblige.



Thank You

Adam and all the staff at The Dental Centre would like to thank everyone for their cards, presents and Christmas wishes over the festive period. We would like to take this opportunity to wish you a belated happy and healthy New Year.



Football

As we announced in our previous newsletter, The Rickmansworth Dental Centre are proud sponsors of the Under 11's Well End Squad in the Excel Sunday League. Well into the season now and the boys are doing admirably. Safely in midtable and playing some very entertaining football, the second half of the season should be very exciting.



Dental Hygienist

We still have two hygienists at the practice, helping patients keep their teeth and gums healthy. Our new hygienist, Kate, is here all day Monday and Thursday. Donna is here one Saturday morning a month. If you wish to book a session with the hygienist at the same time you have your routine visit with Adam, just let Pam know. There is information about hygienists and what they do on the back of this newsletter.



Apology

With the new dental contract that was introduced by the Government in 2006, limits were imposed on the amount of NHS work we were paid for each financial year. Adam has already reach this limit and therefore NHS patients wishing to make routine appointments may not be able to be seen until the new financial year in April. We are very sorry about this and are very unhappy about the situation, but it is a problem out of our control. Please remember though, if you are having a problem and need to be seen in an emergency, we will endeavour to see you as soon as possible.



Smoking Cessation

Hertfordshire Primary Care Trust have set up a smoking cessation clinic to give support and guidance to those wishing to give up smoking. If you would like further information or would like Adam to refer you to the clinic, please let us know. Further information on smoking and oral health can be found in our previous Newsletter Issue 25 online at: <http://www.thedentalcentre.org/newsletter25.pdf>



Poligrip

GlaxoSmithKline (GSK), the manufacturers of Poligrip denture adhesive, have recently withdrawn from sale Poligrip Ultra and Poligrip Total Care. This is due to health concerns over zinc poisoning from zinc within these products. Cases have been very rare and have occurred in those that have used Poligrip for many years, applying excessive amounts, several times a day. Zinc containing products are no longer for sale, but GSK have stated that the older zinc containing products are safe to use as long as the product instructions are followed: that the paste is applied sparingly, once a day. If you are having to use excessive amounts of denture adhesive to support your denture, please come and visit us as we may be able to improve the fit of your denture. The full consumer advisory and further information can be found online at: <http://www.poligrip.co.uk/uk-consumer-advisory/default.aspx>



Focus on Tooth Whitening



As mentioned in our previous newsletter, with new advances in tooth whitening we have changed the whitening system we offer. Previously there was a choice between home whitening and in-surgery 'power' whitening. With the home system, custom made trays are made to fit over the teeth and the whitening agent placed in the trays which are worn in the mouth for the required period of time. With 'power' whitening, the whitening agent is painted on to the teeth and a blue light is used to activate it. Unfortunately 'power' whitening generates a lot of heat which is damaging to teeth. New systems have now been introduced where the in-surgery whitening can be done without generating any heat. We are now offering this new in-surgery system, which then dovetails with the home system to give some fantastic results. We have chosen to use the Illuminè whitening system by Dentsply, one of the most trusted names in dentistry.



Illuminè is a tooth whitening system, which is applied professionally by a dentist. It is available in 2 versions:

- 1) "In-Office" – applied in the dental practice by the dentist
- 2) "At Home" – supplied through your dentist but applied by yourself at home

How does it work?

Tooth whitening uses a whitening gel to brighten the teeth. Chemicals within the whitening gel penetrate the microscopic pores within the hard outer coating of the teeth and remove deposits responsible for darkening the teeth, making the teeth appear whiter and healthier. When performed under a Dentist's supervision, it is safe and effective. In fact, many dentists consider this whitening process the safest cosmetic dental procedure available today

What result will I get?
We all tan in the sun, yet some people tan much more easily than others. It's the same for tooth whitening, some people's teeth whiten more easily than others; it's just the way we are made. In all cases your teeth will look whiter. The results last for between one and three years before the teeth return to their original colour. This time depends on the patient's oral

hygiene, smoking habits, consumption of tea, coffee, red wine, etc. The great thing about using the home system is that the whitening gel can be stored in your fridge and used periodically to brighten the teeth and prevent them returning to their darker shade.

What will happen when I visit the dentist to get my teeth whitened?

Following a thorough dental examination, we will decide which treatment is best for you, the duration and the expected results

If you are happy to proceed, we will prepare a customised tray especially tailored to fit your teeth, and will supervise your treatment whether you have it at home or in the clinic

If you are having the In-Office system then it will take between 30-60 minutes to whiten your teeth. You will be able to sit with the tray in your mouth while reading a magazine or book in our spare surgery. It's actually quite a relaxing session!

If you are having the At Home system, then you can wear the gel in the tray at home during the night, or for a couple of hours whilst watching TV. You will have to do this for up to 2 weeks or for 3 days if you have had the in-office system beforehand.

We take the shade of your teeth before you start and then again after the treatment so we can note the degree of improvement.

Will whitening damage my teeth?

As stated previously, supervised professional whitening is one of the safest dental procedures. Most of the risk involved was associated with the use of heat with 'power bleaching'. Updated systems have eliminated the heat making the procedure harmless to the teeth. The most common side effect when whitening the teeth is increased sensitivity with changes in temperature, due to the opening of the pores in the teeth. The dentist has a few tricks of the trade to reduce this sensitivity. A much rarer side effect is sore gums, due to a sensitivity to the chemicals within the whitening gel. Side effects are usually only minor and subside as soon as the whitening is completed.

If you are planning to whiten your teeth, do it before any other restorative treatment since white fillings, porcelain crowns and veneers will not be whitened. Also existing restorations on the front teeth may need replacing after treatment to match the new whiter shade.

Studies have shown that our appearance plays a major role in the success of our personal and professional life. Like your hair, cosmetics and clothes, whiter teeth can completely change your appearance.

If you require any further information about tooth whitening, please do not hesitate to contact us at The Dental Centre.

Visiting the Dental Hygienist

At The Dental Centre we have two dental hygienists. Kate is here on Mondays and Thursdays. Donna works here one Saturday morning a month.

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 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 can carry out this type of work. However, the hygienist has also 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.

The 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 the 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.



*Hope you have a warm Winter.
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*

