



The Rickmansworth Dental Centre Newsletter

tel: 01923 777450

e-mail: dentist@thedentalcentre.org

Issue 39, Winter 2011

Welcome to the 39th 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 2011 Newsletter. This Winter seems to have gone on for ever; fortunately this newsletter won't! We hope you had an enjoyable festive season and are coping with the rotten weather and various bugs that are doing the rounds. On a happier note lots of good news to report (see later).



Behind the scenes we have also invested in the Practice to upgrade our instrument cleaning and sterilisation equipment. This aspect of the practice is an area away from public view. However it is one of the most important parts of the practice, as we make your visit as safe as possible. If you have any queries about our sterilising or cleaning procedures, please do not hesitate to ask any of the staff at The Dental Centre. In a future newsletter, we hope to have a more in depth article on our cleaning and sterilising procedures, but please rest assured we are doing all we can to make your visit as safe as possible.

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. Please see below for more details about giving feedback.



Feedback

At The Dental Centre we are constantly striving to give you the best possible experience each time you visit. In order to find out what we're doing right, what we're doing wrong and where things can be improved, we are asking for your feedback. To help with this we have placed a suggestion box in the waiting room and will be distributing questionnaires relating to the service we are providing. Many thanks to those who have already completed questionnaires and to those who have left suggestions and comments in our suggestion box. Some suggestions have already been actioned (eg. Music in the waiting room). Unfortunately, some have had to be rejected (eg. Fizzy drinks dispenser in the waiting room). On some suggestions we are still undecided (eg. Wearing fancy dress while treating patients!).

When we have enough completed questionnaires, we will analyse the results and present them to you in a future newsletter, together with any plans we have to improve our service to you.

Of course, if you wish to discuss any aspect of your visit with us, please do not hesitate to approach us at The Dental Centre.

Thank You

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



Congratulations (1)!

Many congratulations to Pam on the arrival of her second grandchild. Spike, another grandson, arrived a few weeks ago and is thriving, probably due to all the attention from his grandmother!



Congratulations (2)!

More congratulations, this time to our Practice dental surgery assistant, Ewelina. All her hard work has paid off and she has passed her dental nursing examinations to become a fully qualified dental nurse.



Interesting Fact (1)

The snail's mouth is no larger than the head of a pin, but has around 25,600 teeth. Flossing must be tricky!



Interesting Fact (2)

The elephant has six sets of teeth while you and I have only two. Even so, they only use one set at a time. Each set is made up of four teeth two on the top jaw and two on the bottom. These teeth move forward as they wear out and are replaced by the next set. When the last set has gone elephants can die from difficulty eating enough food.



Dental Hygienist

We still have two hygienists at the practice, helping patients keep their teeth and gums healthy. 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.



Missed Appointments

We are exceedingly busy at The Dental Centre at the moment. Unfortunately some patients do not attend their appointments or cancel at the very last moment, so we are unable to fill the appointment slot at such short notice. Previously we have been quite relaxed about this. However, to avoid wasted appointments, we may be forced to ask patients who regularly miss appointments or cancel without sufficient notice, to seek treatment elsewhere.



Football

As we announced in our previous newsletter, The Rickmansworth Dental Centre is the proud sponsor of the Under 12's Medburn Squad in the Excel Sunday League. Well into the season now and the boys are doing admirably. They had a very poor start to their campaign losing their first 3 matches, but a magnificent run of 6 unbeaten games sees them placed safely in midtable and playing some very entertaining football. The rest of the season should be very exciting.



Focus On Relaxing At The Dentist



Going to the dentist may not be a relaxing experience for most people, but it need not be stressful. While many of us may feel mildly anxious before a dental check-up or treatment, some patients feel real fear which may reach phobic proportions. This may be due to a bad experience in the past, fear of pain or some other concern. Modern equipment and anaesthesia nowadays means there is no reason why any dental procedure should cause pain. At The Dental Centre we try to make sure that you are as comfortable as possible during treatment.

Keeping cool

If you are nervous about visiting the dentist, there are some things you can do to reduce stress.

- Schedule a morning appointment, so you don't worry all day about it. Children especially should be treated early in the day — after school they are tired and not in a good mood for sitting in the chair.
- Plan a treat for yourself for later — eg a massage or meeting a friend, so you have something to look forward to beyond the dental appointment.
- Practise deep breathing, counting slowly as you breathe in and, even more

importantly, on the breath out. This is useful both before going in and once you are in the chair as well as in other stressful situations.

- Aromatherapy — essential oils in the bath or in a small burner at home can help relax you beforehand. Try lavender, which has been shown to reduce stress.
- Have something to eat before the visit as this will help blood sugar levels.

At the surgery

- Allow plenty of time to get here. It doesn't help your stress levels if you race in late, or if you come straight from a hectic time at work.
- If, on the other hand, you arrive very early, don't go and sit for ages in the waiting room, getting worked up. Go for a coffee or a trip round the shops. Of course, if we are running late, the receptionist will let you know, so you can avoid sitting in the waiting room for too long if you don't want to. There is a selection of up to date magazines in the waiting room to try and distract you.
- Make sure we know if you are nervous; an extra effort can be made to put you at your ease.
- Some people find it reassuring to know all the details of their treatment. Ask questions beforehand so you know what is going on. Alternatively, if you don't want to see the equipment and would rather know nothing — say so!
- In the chair, keep your legs uncrossed and try to keep your hands in your lap — don't grip the chair or clench your fists.
- Breathe deeply. Shut your eyes if it helps, and try to keep calm, for example by imagining relaxing scenery or pleasant memories.
- Listening to a personal stereo may act as a distraction to the treatment. You may want to listen to instrumental or classical music that calms you down. Some people might want to listen to louder music that will drown out all of the other sounds they are going to hear. Audiobooks are becoming more and more popular. A book is a great way to pass the time. You can concentrate on something else while you are at the appointment and immerse yourself in something that will keep your mind off what is going on.

The most important thing to remember is that it is quite normal to feel nervous about dental treatment and nothing to be embarrassed about. Please don't try to hide it if you are nervous, it often just makes things worse. Rest assured, at The Dental Centre we will try and make your visit as relaxing and easy as possible.

Don't let your nervousness stop you coming to the dentist as any problems can be dealt with earlier and, hopefully, more extensive treatment can be avoided.

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*

