



The Rickmansworth Dental Centre

World Oral Health Day

20 March

Newsletter

tel: 01923 777450

e-mail: dentist@thedentalcentre.org

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Welcome to the 68th 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 2019 Newsletter. We trust you are keeping well and have survived all the seasonal festivities. A welcome back to Pam on the desk, following her recent illness and news of World Oral Health Day in March. We will also endeavour to keep this newsletter a Brexit - free zone!

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 good wishes over the festive period. We would like to take this opportunity to wish you a belated happy and healthy New Year.

Welcome Back



As some of you may know, Pam, our receptionist, was very unwell towards the end of last year and had to take several weeks off work. Fortunately, she is now fully recovered and back at The Dental Centre. She would like to thank everyone for their get well messages and support while she was away.

Tooth Fairy News



Payments from the Tooth Fairy are down by 10% from £2.10 in 2015 to an average of £1.90 per tooth, according to a new survey. A small minority of youngsters (2%) get as much as £20 for each tooth that falls out – amounting to £400 for a full set of all 20 baby teeth, but average payments across the UK are down. London and the South-East has the highest figure with an average of £2.25 a tooth – down 10% from £2.50 four years ago. The Tooth Fairy is most careful in Newcastle where children get an average of 80p per lost tooth – a 20% slump on 2015's figure.

More than a quarter (28%) of children get a £1 coin for each lost tooth, 24% get a £2 coin, and 14% get less than £1 – most typically 50p. A further 11% get £5, 10% get £10, 3% get between £10 and £20 and 2% get more than £20.

Only 8% of children never receive a visit from the Tooth Fairy.

Nine out of ten parents (91%) said their children under five believed in the Tooth Fairy – the same figure as for Santa Claus.

More than a third of parents (34%) said their children spent their Tooth Fairy money on sweets! A further 33% spent it on toys, with saving (21%), books (7%) and clothes (5%) the other most popular answers.

Brighter Teeth



Wish your teeth were a bit brighter? Next time you're visiting The Dental Centre, please ask Adam or any of the team about the available options. Tooth whitening treatments are becoming increasingly popular. At the Dental Centre, we find these treatments are giving excellent results while not damaging the teeth.

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.

World Oral Health Day



20th March 2019 is World Oral Health Day. The international campaign has the theme 'Say Ahh: Act on Mouth Health'. It aims to motivate people to take charge of their oral health and take action to prevent oral diseases and protect their general health, through managing risk factors and seeking treatment in a timely manner when necessary. A healthy mouth and a healthy body go hand in hand. A healthy mouth enables people to speak, smile, eat and perform other physical functions throughout life. It also enhances social interaction and promotes self-esteem. In contrast, an unhealthy mouth can potentially lead to social isolation where people may avoid laughing or smiling and interacting with others as they feel embarrassed about their teeth and people's perception of their oral health. Therefore, the campaign will strive to make people understand that maintaining a healthy mouth is crucial to keeping it functioning correctly and sustaining overall health and quality of life. Together with promoting good oral hygiene habits as well as healthy diets and lifestyle, the associations with other diseases such as diabetes, cardiovascular disease, respiratory disease and some cancers will also be highlighted.

Focus on Dental Emergencies



Any dental emergency like an injury to the teeth or gums can be potentially serious and should not be ignored. Ignoring a dental problem can increase the risk of permanent damage as well as the need for more extensive and expensive treatment in the future. Certain emergencies require immediate hospital attention. These include any incident where consciousness is lost, where there is the possibility that bones are broken eg. a fractured jaw, where there is uncontrolled bleeding or large facial swelling. With less serious problems the dentist should be contacted as soon as possible to arrange an appointment. Here's a quick summary of some temporary remedies for some common dental problems:

Chipped or Broken Teeth. If possible, save any pieces. Rinse the mouth using warm water; rinse any broken pieces. If there's bleeding, apply pressure with a clean cloth or cotton handkerchief to the area for about 10 minutes or until the bleeding stops. Apply a cold compress to the outside of the mouth, cheek, or lip near the broken/chipped tooth to keep any swelling down and relieve pain. If there is a hole in the tooth this can be temporarily filled with temporary dental cement available in kits from some pharmacies and supermarkets. See the dentist as soon as possible.

Knocked-out Tooth. Retrieve the tooth, hold it by the crown (the part that is usually exposed in the mouth), and rinse off the tooth root with water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, try to put the tooth back in place. Make sure it's facing the right way. Never force it into the socket. If it's not possible to reinsert the tooth in the socket, put the tooth in a small container of milk or saliva, or hold inside the mouth in the cheek. In all cases, see the dentist as quickly as possible. Knocked out teeth with the highest chances of being saved are those seen by the dentist and returned to their socket within 1 hour of being knocked out.

Extruded (partially dislodged) Tooth. See the dentist right away. Until you reach the dental practice, to relieve pain, apply a cold compress to the outside of the mouth or cheek in the affected area. Take your normal pain reliever if needed. Avoid anything with Aspirin in it as this may cause problems with bleeding.

Objects Caught Between Teeth. First, try using dental floss to very gently and carefully remove the object. If you can't get



the object out, see your dentist. Never use a pin or other sharp object to poke at the stuck object. These instruments can cut your gums or scratch your tooth surface.

Lost Filling. As a temporary measure, stick a piece of sugarless gum into the cavity (sugar-filled gum will cause pain) or use a temporary dental cement available in kits from some pharmacies and supermarkets.

Lost Crown. If the crown falls off, make an appointment to see the dentist as soon as possible and bring the crown with you. If possible, slip the crown back over the tooth. Before doing so gently try to remove any debris from within the crown and around the tooth. Coat the inner surface with a temporary dental cement, toothpaste, denture adhesive or softened chewing gum to help hold the crown in place. Do not use super glue! Use only a very small amount of these things and make sure the crown is the right way around.

Broken Brace Wires. If a wire breaks or sticks out of a bracket or band and is poking your cheek, tongue, or gum, try using the eraser end of a pencil to push the wire into a more comfortable position. If you can't reposition the wire, cover the end with orthodontic wax, a small cotton ball, or piece of gauze until you can get to your orthodontist. Never try cutting the wire.

Abscess. Abscesses are infections that occur around the root of a tooth or in the space between the teeth and gums. Abscesses are a serious condition that can damage tissue and surrounding teeth, with the infection possibly spreading to other parts of the body if left untreated. Because of the serious oral health and general health problems that can result from an abscess, if you have a swelling or discharge in or around the mouth, it is important to see the dentist as soon as possible.

Soft Tissue Injuries (lips, tongue, etc). You can clean injured skin surfaces with mild soapy water and a soft clean cloth. To clean cuts inside the mouth, rinse with a salt water solution. If your lip is swollen or bruised, apply a cold compress. If there is bleeding, apply pressure with a clean cloth.

Toothache. Most of the above remedies should prevent toothache, but tooth pain may be controlled by your normal painkiller. If you have no medical contraindications to it, Ibuprofen (Nurofen) is one of the best painkillers for toothache. Applying oil of cloves on some cotton wool onto the tooth can temporarily numb the tooth. Antiseptic gels and mouthwashes can also make the mouth more comfortable in some circumstances. Use of sensitive toothpastes works in reducing the pain of sensitive teeth.

Of course the best way of avoiding problems is prevention. Attending the dentist for regular check-ups allows most problems to be caught early before they give pain.

Always use a custom made mouthguard if playing contact sports or sports using a hard ball or stick.

In an emergency please contact the practice. Details of the out of hours service are available on the practice answerphone or online at www.thedentalcentre.org.

Visiting the Dental Hygienist

At The Dental Centre we have dental hygienists here on Mondays, Wednesdays, Fridays and one Saturday morning a month (please contact the surgery for further details).

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?

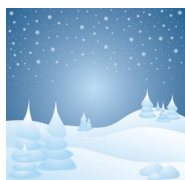
You can do a great deal to help yourself and the hygienist as you are in control of your mouth between visits to the practice.

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 safe and healthy 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*

