

Warning

Xmas Parking in West Byfleet

The Festive season is coming too fast for most of us. This means that parking in West Byfleet becomes more of a problem. As you know we do our best to keep to time in the practice and we have shown by auditing that the main reason we run late is because patients arrive late so this is a plea to allow plenty of time to :

1. LOCATE a PARKING PLACE
2. PARK THE CAR ,
3. PAY and DISPLAY
4. GET to the PRACTICE

This will almost certainly take twice as long as usual in the run up to Xmas but this can also be a problem on Thursday and Fridays at any time and especially Fridays before a bank holiday (no, we don't know why either!)

Dental ABC

Glass Ionomer

A type of dental cement made up of Calcium Aluminosilicate glass powder and a liquid polyacrylic acid. Although useful in many different situations and restorations, glass ionomer should not be used alone in areas of the mouth where there are high biting forces, for example, the posterior teeth.

Glass ionomers contain fluoride which leaches out of the material and helps prevent the return of caries (tooth decay) under the filling. They also have a good potential for adhesion with the tooth because the polyacrylic acid reacts with the calcium in the tooth to form a bond.

Glass ionomer cements also come in a variety of tooth coloured shades, so that matching is usually quite good.

Gutta Percha

Gutta percha is a type of material which is made from the sap of trees found in Malaysia. It is a very safe substance, and is used in root canal treatment to fill up the canals once the nerve has been removed. It is often a pink or grey colour, comes in various shapes and forms, and usually needs heat or pressure to form it into the correct shape.

Halitosis/Bad Breath

Halitosis, commonly known as bad breath may be due to a number of factors including: poor oral hygiene, decayed teeth and general neglect of the teeth, periodontal (gum) disease, deeply furrowed tongue, sinus infection, and tonsillitis.

Acidosis, a metabolic condition often caused by diabetes or starvation is another common cause of bad breath.

Diet, especially garlic and onion, can also be a factor in halitosis. Mouthwash does not work well in this situation as the odour is present in your blood stream and is transmitted when breathing.

"Morning mouth" occurs due to the drying of oral tissues especially in those who snore or sleep with their mouth open.

The drying allows for

There will be limited opening times between Xmas and New Year so if you wish to attend for a check up call us well in advance.
(REMINDER TO STUDENTS AND BOARDERS WHO ARE HOME FOR XMAS).

increased amount of bacteria to remain in the mouth.

