

## *Just to Let You Know*

### **Tooth Whitening**

Dentists can 'bleach' or 'whiten' teeth either externally (on the visible surface of the tooth) or internally.

Teeth are bleached externally by applying hydrogen peroxide. Using the 'nightguard' system we make a tray from an impression taken of the patient's teeth, so that the bleaching gel can be applied very precisely on the teeth needing treatment, without touching the gums.

These bleaching products are used at home, under our direction. The duration of treatment varies from product to product but the gel might typically be applied for a period of two weeks, at night while the patient sleeps.

There is good research evidence on the effectiveness of vital bleaching using custom-made trays. The effectiveness of hydrogen peroxide bleaching depends on the length of time that the bleach is in contact with the tooth as well as concentration.

### **What does it cost?**

£250.00 for one jaw

£300.00 for both jaws

*It is often difficult to find time to tell our patients all about the different treatments we can offer and to ensure everyone gets up to date information about dental care.*

*We hope that our newsletters will give you some of this information which we can follow up with more discussions when you come into the practice.*

*If you have any comments about this newsletter or have any ideas about topics you would like to read about then please do let us know.*

*Christine Osborne*

Christine Osborne Dental Practice has always been committed to having a highly trained dental team.

Jackie our nurse has completed her Dental Nurse registration qualifications and regularly attends courses in patient care for dental nurses and customer care.

Christine was recently inducted in to the International College of Dentists as recognition of her contribution to dental education and also her commitment to her own postgraduate studies.

## Your Diet and Dental Health

Not only is your diet important to your general health, it is also important to your dental health.

If you do not eat a balanced diet, you are more likely to get tooth decay and gum disease. Developing teeth can also be affected. Children who have a poor diet are more likely to have dental problems. Likewise, pregnant women need balanced diets for their babies' teeth to develop normally.

### Diet and tooth decay

How does the food you eat cause tooth decay? When you eat, food passes through your mouth. Here it meets the germs, or bacteria, that live in your mouth. You may have heard your dentist talk about plaque. Plaque is a sticky film of bacteria. These bacteria love sugars and starches found in many foods. When you don't clean your teeth after eating, plaque bacteria use the sugar and starch to produce acids that can destroy the hard surface of the tooth, called enamel. After a while, tooth decay occurs. The more often you eat and the longer foods are in your mouth, the more damage occurs.

### Choose foods wisely

Some foods that you would least expect contain sugars or starches. Some examples are fruits, milk, bread, cereals and even vegetables. The key to choosing foods wisely is not to avoid these foods, but to think before you eat. Not only what you eat but when you eat makes a big difference in your dental health. Eat a balanced diet and limit between-meal snacks. If you are on a special diet, keep your doctors advice in mind when choosing foods. For good dental health, keep these tips in mind when choosing your meals and Snacks.

### Tips for better dental health

To get a balanced diet, eat a variety of foods. Choose foods from each of the five major food groups:

1. Breads, cereals and other grain products
2. Fruits
3. Vegetables
4. Meat, poultry and fish
5. Milk, cheese and yoghurt

- Limit the number of snacks that you eat. Each time you eat food that contains sugars or starches, acids attack the teeth for 20 minutes or more.
- If you do snack, choose nutritious foods, such as cheese, raw vegetables, plain yoghurt, or a piece of fruit.
- Foods that are eaten as part of a meal cause less harm. More saliva is released during a meal, which helps wash foods from the mouth and helps lessen the effects of acids.
- Brush twice a day with fluoride toothpaste.
- Clean between your teeth daily with floss or interdental cleaners.
- Visit your dentist regularly. Your dentist can help prevent problems from occurring and catch those that do occur while they are easy to treat.

### Dental Emergencies

*For out of hours dental emergencies please call the practice on 01932 345562, and follow the instructions on the answerphone.*

If you break a tooth or have a problem and have already booked a check up it would be really useful if you could call and let us know so that we can try to allow more time for your appointment and therefore be able to deal with your emergency as well.

A child in pain or with a knocked out tooth is always given priority over all other patients this happens rarely but we ask for your cooperation.

### Brushing Tips

- Place your toothbrush at a 45-degree angle against the gums.
- Move the brush back and forth gently in short (toothwide) strokes.
- Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of the teeth.
- Use the "toe" of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.
- Brush your tongue to remove bacteria and freshen your breath.

### Flossing Facts

- Break off about 18 inches of floss and wind most of it around one of your middle fingers.
- Wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty
- Hold the floss tightly between your thumbs and forefingers. Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.
- When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.

- Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.
- Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth.
- People who have difficulty handling dental floss may prefer to use another kind of interdental cleaner. These aids include special brushes, picks or sticks. If you use interdental cleaners, ask your dentist about how to use them properly, to avoid injuring your gums.