

What's that Noise?

As you lie on our chair looking at the various animals, characters and mobiles we have dangling from the ceiling you are probably aware of some strange noises coming from the adjacent "prep" room.

This is where Jackie cleans and sterilises the instruments, safely disposes of all the contaminated waste and sharp instruments and processes the x-rays.

The compressor is also housed in this room and occasionally you may hear a drumming noise as it refills with air.

The faint rushing noise is our ultrasonic cleaner shaking the instruments at a high frequency to clean them before we place them in the autoclave (steriliser).

About 3 months ago our previous autoclave started to develop what can only be described as indigestion. It had to go.

We have now purchased a state-of-the-art computer-controlled autoclave which gives us a print out of the sterilising cycle to confirm that the full sterilising process has occurred.

Following cleaning in the ultrasonic bath the instruments are rinsed and placed on trays inside the autoclave. They are then subjected to 135 °C at very high pressure for a minimum of 7 minutes. This has been shown to be the most effective means of completely disinfecting our instruments. Any instruments which cannot withstand these extremes of temperature and pressure are disposed of after a single use.

So, next time you hear a few clicks and a noise like fan switching on then you will know it's the autoclave powering up, the clattering is the printer providing a readout. You can rest assured that all our instruments are being rendered safe for use in your treatment.

**West Surrey Smoking
Cessation Service**
0845 6023608
Don't delay, call today!

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

Bridge

In dental terminology, a bridge is a FIXED PROSTHESIS to replace one or more missing teeth, to restore the function, form or aesthetics of the mouth. It is also known as a FIXED / NON-REMOVABLE PARTIAL DENTURE. Bridges are supported and held in position by attachments to adjacent or remaining teeth.

There are many different types of bridge including FIXED- FIXED, FIXED-MOVEABLE, CANTILEVERED, MARYLAND, ROCHETTE, SPRING CANTILEVERED, ACID-ETCHED, PORCELAIN BONDED, and many others. Common materials used in their construction include gold and precious metals and their alloys, and porcelain and ceramics.

Teeth generally need to be PREPARED before a bridge can be provided and this will include altering the shape of the teeth, taking IMPRESSIONS and MODELS of the mouth and jaws, and other procedures, so that the bridge can be constructed in the laboratory.

RADIOGRAPHS will also be required to check the stability of the remaining teeth and associated structures.

Homecare of bridges should be discussed with your dentist or hygienist, as they may recommend special techniques to keep the bridge clean.

C

Calculus

Calculus is the hard stone like deposit on teeth formed by plaque that has calcified. Calculus is usually strongly attached to the teeth and must be removed by an instrument. It can not be just brushed off the teeth. Subgingival calculus (below the gums) is usually darker and more adherant to the tooth than the creamy yellow supragingival calculus.

Caries (dental)/ Tooth Decay

Caries or 'tooth decay' is a disease of the hard structure of the teeth caused by various bacteria in the mouth. For caries to form, the bacteria which are present in PLAQUE need to have sugars from food, and need to be present long enough on the tooth surface to cause DEMINERALIZATION i.e. to cause a reduction in the amount of, for example, Calcium, in the structure of the tooth. Once DEMINERALISATION has taken place, the bacteria can invade the tooth to deeper levels, and eventually a CAVITY or CARIES LESION may occur.

Your dentist will be able to detect the presence of caries by noticing changes in the appearance of your teeth, and by the use of light and X-RAY FILMS or RADIOGRAPHS. This is one of the reasons why dentists recommend regular check-ups; so they can advise you if caries is forming.

When this happens, your dentist may need to do a FILLING or RESTORATION. If caries is left untreated for a longer time, and the bacteria have invaded into the middle i.e. the PULP, of the tooth, you may even need to have a ROOT CANAL TREATMENT or EXTRACTION carried out. Your dentist will advise you on the treatment she thinks is most appropriate for your tooth.

You can do a lot at home to prevent caries forming in your teeth. Brushing your teeth correctly to remove plaque with a FLUORIDE TOOTHPASTE, and cleaning between the teeth with a med firm brush.

Bitewing X-ray

A bitewing x-ray is a radiograph taken inside the mouth to show the "in between" surfaces of both upper and lower teeth. This x-ray helps to detect decay occurring on these surfaces of the teeth. It is shown as a dark mark on the otherwise white x-ray appearance of the tooth. The x-ray is held in place in the mouth by biting on the plastic x-ray holder.

These particular x-rays also show the level of bone supporting each tooth. This is important when we are checking for gum disease.

Bonding

This means the binding together of various substances. In dentistry it can be between tooth and filling, filling and filling and tooth and crown. The commonest is where the bonding is between tooth enamel and a white filling material. An UNFILLED RESIN is used to assist the mechanical adhesion of the resin material. This a very thin material. A resin with some tooth coloured glass filler may be used to bond the new tooth coloured all porcelain crowns to give maximum colour match and their excellent