

Just to Let You Know

Giving a Bit Back

Christine has been appointed the Retaining and Returning adviser for Kent Surrey and Sussex, one of 12 dentists around England whose job it is to advise, support and mentor dentists who are taking a career break.

These dentists have taken a break for a variety of reasons-ladies on childcare and maternity leave, illness, been abroad, who have tried another career and wish to return to dentistry and (fortunately very rarely) have been removed from the dentists register for malpractice.

The job involves meeting these people and helping them to plan their return to practice or if they are in the middle of a break to at least keep in touch professionally by attending suitable courses and undertaking other form of educations. The advisers also have to plan and facilitate courses suitable for dentists returning to work after a break.

This sits well with Christine's personal and practice commitment to education and training. If it means that we have more dentists returning to work quicker and with more confidence then everyone benefits.

As far as we are aware this is the first country to have a formal system to help dentists in this way. Christine recently presented a paper about the project at the International Dental Congress in Vienna and has just been asked to submit an abstract for the International Association of Dental Research meeting in Sweden in June next year. The international response has been very positive.

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

Sensitive Teeth

You've seen people drink hot coffee or crunch on an ice cube, then wince with pain.

Dentists call it dentine hypersensitivity. Millions of people call it sensitive teeth.

The underlying layer of tooth, the dentine, becomes exposed. It can happen on the biting surfaces as well as at the neck of the tooth.

At the neck of the tooth it can be caused by brushing too vigorously from side to side, using an abrasive toothpaste and also consuming acidic drinks and fruits. On the biting surfaces it is usually caused by tooth grinding or clenching particularly in a patient who has a diet high in those acidic foods. These can be fruits, fruit juice, pickles, lemon tea, and probably the WORST, carbonated drinks. We can advice on the use of de-sensitising toothpastes, fluoride gel for brushing and we have a variety of treatments we can paint or bond on to the sensitive areas.

Just ask.

Reception Hours

Mon /Tues / Thurs 8.15 am- 1.00 pm 2.00pm-5.00pm
Wed 8.15 am – 12.00 2.00 pm-8.00pm
Fri 8.15 am – 1.00 pm 2.00pm-4.00pm

(Sometimes closed on Friday PM)

Occasionally if we are short staffed there will be an answer phone – just leave a message and we will return your call.