

Just to Let You Know

“But I have always been told to come every 6 months”

Cynically one could suggest that the 6-monthly interval was largely driven by the old NHS system which meant that dentists were only paid for doing check-ups every 6 months.

In our practice Christine continually monitors patients’ oral health and makes the recall recommendations according to individual need.

The recommendations take account of the impact of dental checks on: patients’ well-being, general health and preventive habits; caries (tooth decay) incidence and avoiding restorations; periodontal (gum) health and avoiding tooth loss; and avoiding pain and anxiety.

This risk assessment is undertaken at each examination and amended accordingly.

Patients who regularly present with new decay or have a history of extensive cavities are advised to attend more frequently, than those who have no experience of decay or who have not required any restorations in some years.

Patients who have medications or medical conditions which affect the amount of saliva they produce are more susceptible to decay, particularly of the root surfaces, and we generally advise more frequent attendance.

We may also prescribe medication for the dry mouth and also apply fluoride varnish to the decay to harden it before we have to fill.

Similarly the patients we have identified as being susceptible to periodontal disease (the more advanced form of gum disease where bone can be lost) are always advised to attend at least every 3 months for a thorough cleaning and review of gum health.

Thankfully most children in our practice remain decay free into their teens, and we usually suggest a 6 monthly attendance and application of fluoride varnish to protect the teeth.

The parents of small children who present with decay are given advice about good cleaning techniques and the types of food and drink to avoid. These children usually attend every 1-2 months for monitoring, tooth polishing and application of a fluoride varnish.

This enables the child to become familiar with the dental practice and with having dental treatment so that when we eventually come to remove the decay and restore the tooth they are happier about accepting the treatment.

Reception Hours

Mon /Tues / Thurs 8.40 am- 1.00 pm 2.00pm-5.00pm

Wed 10.00 am – 1.00pm 2.00 pm-8.00pm

Fri 8.40 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