

PATIENT NEWSLETTER
AUTUMN 2018



OAKSDENTALRUISLIP.CO.UK

NORINNE'S TOP 5 TIPS TO A HEALTHIER YOU

By resolving to practice good oral hygiene every day you are making an investment in your overall health, not just for now, but also for the future.

nothing
looks as good
as healthy feels

- 1) **Brush twice daily** with a fluoride toothpaste but **do not rinse**.
- 2) **Clean between your teeth** with tooth pick, floss or small interdental brushes once a day to remove debris that your toothbrush does not reach (30-40% is left in gaps).
- 3) Try to **stop smoking**... there is lots of help available! You are twice as likely to lose teeth if you smoke and 6 times more likely to develop gum disease.
- 4) **Do not snack on sugary foods**, fizzy drinks or fruit juices in between meals. These can increase risk of high levels of tooth decay. This includes sugary tea and coffee.
- 5) **Visit your dentist and hygienist regularly**. We are happy to advise you on just how often this should be for you. Denplan patients will already be aware of this as the category that you are in will dictate this based on your oral health and medical history. Our reminder service should also ensure that you keep on top of this.
Studies show that one of the main reasons that people in the UK are deterred from visiting the dentist is the cost of treatment. At Oaks Dental, there are never any hidden or surprise costs and many of our treatment prices are comparable to that of NHS equivalents.

PEACE OF MIND

Many of our patients have fed back to us that over the Summer months they really benefited from having access to our **out of hours practice emergency contact number**. A reminder of our two numbers is displayed on our website and on our lovely new billboard just off Ruislip High Street.



For Denplan patients, emergency evening and weekend appointments are free of charge and this benefit extends to overseas cover if you are abroad. Denplan cover starts **from as little as £12 a month!**

For routine appointments, we have opened up some early morning and late evening slots for those of you who don't live locally, work long hours or simply just lead busy lives!

FREE!



TOOTHBRUSH AMNESTY

Clinical studies have shown that **replacing your toothbrush every 3 months** can reduce the number of bacteria you are exposed to and that splayed bristles from a worn toothbrush can cause trauma to the gums.

Oaks Dental Practice will be running a toothbrush amnesty. This means that if you bring in your old toothbrush, we will swap it for **a new one free of charge** during the month of September.

DID YOU KNOW?

Gum disease can appear without symptoms, then lead to swelling, sensitivity and bleeding when you brush. Periodontitis, the advanced stage of gum disease, can destroy your smile and affect your overall health. The main cause of gum disease is the build up of plaque, but other factors can affect the health of your gums. If you answer "yes" to any of the following questions, its increasingly important that you keep up your thorough home care routine and regular re-care appointments with us.

Do you smoke?

Do other members of your family have gum disease?

Are you experiencing general stress or grinding your teeth?

Are you taking oral contraceptives, anti-depressants or heart medicines?

Do you have an inflammatory disease such as heart or kidney disease, diabetes or arthritis?

Know a friend that would find this information useful?

Our newsletters are always available on our website and our 'recommend us to a friend' referral offer is still running.

We are currently taking on new patients.