



Grayes Dental Care newsletter

Issue 14

Practice News

Many of you have noticed that Sinead is missing from her post behind the reception desk. She had a baby daughter, Orla Kate, in September and we send our best wishes to her and Pete. We are looking forward to her return to work in the Summer.

We have welcomed two new trainee dental nurses to our team along with Michael Davies, our new dentist. Tom and Madi are completing their NVQ qualification at Wakefield College. We wish them all the best in their studies.

Tom and Madi have passed their first module - infection control. We are very proud of their achievement.

Mandy has taken further courses in Safeguarding Adults and Children as well as First Aid. As she is Safeguarding and First Aid lead at the practice she ensures that all staff comply with current guidelines and regulations.

Richard and Jennifer have attended several courses through last year. The most recent covering all aspects of tooth wear. Topics covered involved the link between drinks and diet on tooth surface loss as well as abrasion from tooth brushing and loss of tooth surface from grinding teeth.

- Eating citrus fruit twice daily gives the highest risk of acid erosion on teeth
- 6 times higher than a fizzy drink daily
- 3 times higher than acid reflux symptoms

Prevention of damage combines a change in diet habits as well as use of fluoride containing products such as Duraphat 2800 toothpaste. This has twice the amount of fluoride as over-the-counter toothpaste.

Tips to limit damage include:

- Use a straw for acidic drinks, all kinds of fruit juices, fizzy drinks, wine and beer.
- Have drinks as cold as possible- less acid damage occurs when cold.

Our dentists and hygienists will be happy to discuss individual circumstances at your appointments.

Mr and Mrs Graye have also completed courses covering topics such as digital dentistry and minimally invasive dentistry.



Wifi

We now offer free Wifi please ask at reception for the code if you would like to access it.

Thank you

We would like you say a huge thank you to all our patients for being so welcoming to all the new faces in our practice. You may have noticed that all the old faces are also still here!

Don't keep us a secret

Tell your friends about us and receive a £10 M&S voucher.

The biggest compliment you can pay us is to recommend us to your friends. If you know someone who needs a caring, friendly dentist please let us know. As a way of thanking you, when your friend has their first appointment we will give you a £10.00 Marks and Spencer voucher.

To give your friend a warm welcome, we will give them 10% off their new patient consultation fee. To receive these special offers just give this newsletter to your friend, writing your details in the box below or ask for one of our referral cards.

Your name and contact details:

Your friend's name:

Tooth-related facts

- The enamel on the top surface on your tooth is the a hardest part of your entire body
- In the first adult dental health survey in 1968 over one third of the population (37%) had no natural teeth- it is now about 6% of adults
- More than one in ten (14%) of people find cleaning the toilet more appealing than flossing every day
- The average person produces over 5,000 gallons of saliva in a lifetime- that's enough to fill 78 bathtubs
- Our smile comes top of the things we notice when meeting a new person
- A toothbrush came top of the list of things we could not do without when we go on holiday
- If we only have five minutes to get ready in the morning, one in twenty would skip brushing our teeth



Children – be warned!

The tooth fairy has been making the rounds recently. A twitter account (@SparklyPegs) has caught the attention of children and parents with a well- meaning and thoughtful letter to a child from the tooth fairy's 'missing tooth expert'. The letter outlines the child's tooth quality and concludes that, due to 'the nasty build-up on the right hand side caused by lackadaisical brushing', it can only receive a 'fair' classification, making the tooth worth 50 pence. This is hopefully to encourage more thorough brushing in the future!

Let us know what you think



Any comments on our services or any suggestions you may have are always welcome. Sinead is our Complaints Manager. We have a formal procedure in place to deal with any complaint we receive.

If you would like to give us your feedback at any time please speak to a member of the practice team. We really do value what you think of the practice and our team.

Please note that suggestions can be made via a comment card at reception, or can be made anonymously if you prefer or as we are now registered with the Care Quality Commission you can contact them if you have any concerns that you feel you cannot tell us about on 0300 0616 161 or enquiries@cqc.org.uk or the Dental Complaints Service on 020 8253 0800 or info@dentalcomplaints.org.uk

Opening hours

Monday	8.30am to 5.30pm
Tuesday	8.30am to 5.30pm
Wednesday	8.30am to 5.30pm
Thursday	9.00am to 5.30pm
Friday	9.00am to 5.30pm
Saturday	By appointment



To make an appointment please call **01484 451799**

In an emergency

All patients who contact the practice any weekday morning with a dental emergency are sure to get an emergency appointment the same day. This is a service we know many patients value.

For out-of-hours access please ring our answer phone message or look on our website where you can obtain advice and information.



Like us on Facebook and keep up to date with the latest practice news on our Facebook page!

If you like what we do let everyone know and leave a Google review telling people why you choose us and what makes us the practice for you!