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Grayes Dental Care newsletter

Issue 8

Practice News

Staff training

All the staff at Grayes Dental Care have regular training which includes in house CPR training each month but also external courses which keep us up to date with best practice procedures and materials.

Mandy, Lucy and Sinead attended a general update in radiography and radiation protection, specific training was provided to enable them to 'press the exposure button' after the dentist has set the exposure parameters and positioned the patient.

Mandy is also our safeguarding lead and attended a 'Working Together to Safeguard Children' course run by Kirklees Safeguarding Children Board.

New updated website

Take a look at our new website at grayesdentalcare.co.uk



Hygienist services

Juliette now works on a Monday morning this means we can offer hygienist appointments five days a week. If you would like to make an appointment with her please let the Reception staff know.



Denplan have launched a new online oral health website for patients at www.denplan.co.uk/MyTeeth

On the new MyTeeth area of the website you'll find tips on how to look after your teeth at home, a guide to tricky dental terms, help on managing dental conditions such as dry mouth, and downloadable dental activities for kids.

New research from Colgate

New research from Colgate shows that parents need additional support to help look after their children's teeth as healthy diet messages are failing to sink in.

Help your child to follow these easy steps to keep teeth and gums healthy.

- Brush teeth twice a day with a fluoride toothpaste, before bed and on one other occasion
- Supervise your child during tooth brushing until they are at least 7 years old
- Just spit after tooth brushing; rinsing washes the fluoride protection away
- Reduce the amount and frequency of sugary foods and drinks
- Use a fluoride mouthwash at a different time from tooth brushing to increase protection throughout the day



Denplan

At the heart of dental care

Keep up to date



Reception make over

For those of you have not been to visit us recently you will not have seen our newly-decorated Reception area. We are absolutely delighted with the change and hope you will too – as always, if you have any comments do please let us know.

Say cheese!

The calcium and phosphorous found in cheese is healthy for your teeth - it reduces the pH level in plaque and re-mineralizes the enamel.



What do you think about us?

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 anytime 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

Facts about bruxism

- Bruxism (tooth clenching and or grinding) is a terrible condition that affects around 50% of the population
- It is often stress related and it has been reported recently that there has been a 20% increase in patients suffering with this condition
- It is the main cause of tooth wear and breakage, disorders of the jaw (pain and limited movement) headaches and migraines
- Both children and adults are affected, but it is most common in 25-44 year olds
- There are many ways to manage bruxism, the most common treatment is with Occlusal splints (Dental Appliances)
- Occlusal splints are generally designed to act as a mechanical separation of the teeth and may be as simple as a soft mouthguard
- We have noticed an increase in the number of patients presenting with pain and discomfort linked to clenching and grinding their teeth



Opening hours

Monday	8.30 – 5.30
Tuesday	8.30 – 5.30
Wednesday	8.30 – 5.30
Thursday	9.00 – 5.30
Friday	9.00 – 5.30
Saturday	By appointment

Practice is closed between 1.00 and 2.00pm
To make an appointment please call 01484 451799

Emergency Access

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.

Have you liked us on Facebook?



Check out our new Facebook page for up-to-date practice information.