

WINTER NEWSLETTER 2018

Practice News

Welcome to our new nurse Emily!



We would like to give a warm welcome our new trainee dental nurse Emily, who started working with us in November last year.

Emily previously worked in retail whilst studying for her A levels and she will be a great addition to the team at KDC.

We look forward to watching her progress as she trains to become a fully qualified dental nurse and hope she is very happy at KDC"

Farwell to Claire

We are sad to say goodbye to Claire Ratcliffe, one of our dental nurses who left us in December.

She moves onto pastures new closer to home in Lancaster and we wish her the very best for the future in her new role"



New Year - New Smile!

We are currently taking new Denplan patients. Please ask at reception for more details about the payment scheme and how to register.

Practice Holidays 2018

The practice will be closing for holidays on the following dates this year

Bank Holidays

Good Friday 30th March

Easter Monday 2nd April

May Day Monday 7th May

Spring Bank Holiday Monday 28th May

Monday 27th August

Practice Holidays

Monday 9th April - Friday 13th April

Monday 24th Sept - Friday 28th September

During this time emergency cover will be provided. Please call the practice number on 01539 720302 for details of who to contact for emergency dental treatment.

Welcome to our new Dentist

Ruth Crook



We would like to give a very warm welcome to our new dentist Ruth who joined us in November 2017 after relocating with her husband Stuart from Aberdeen to the Lake District in Summer 2016.

Ruth will be providing our periodontal care and is currently studying for an MSc in periodontal disease.

This will enable her to use more advanced methods of treating and preventing gum disease (periodontitis) and will enable us broaden the range of treatment available for patients needing more comprehensive dental care.

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In our Summer newsletter we began a 3 part feature on getting the smile we deserve

We continue with Part 2 by our principal Stuart Crook

Part 2

A great smile can open doors. It gives us confidence, brings a sense of youth and vitality. It can even help you progress at work.



In part 1 of this series we discussed straightening teeth. Whitening is the next logical step.

As our teeth age, they wear and pick up staining, which can make them appear dull and lifeless. Whitening reverses this process.

The safest, most effective method is to use Carbamide Peroxide within a mouth guard, ideally overnight, but for a minimum of two hours a day.

This can take as little as two weeks, depending on the amount of staining or discolouration.

Are there any side effects?

Most people experience some transient sensitivity during treatment although the use of certain toothpastes will reduce that.

There have been no reports of long-term side effects of whitening with this method.

Can't I just use whitening toothpaste?

In a word, no. Most only remove superficial stains and some can be quite abrasive, causing wear and further darkening of your teeth over time.

For further information about whitening speak to your dentist or pick up whitening FAQs/Guide to Whitening.

Join us next time to see how we can then enhance the shape of your teeth.

Remember – a great smile doesn't happen by chance!