

Autumn Newsletter 2015

Welcome to our Autumn newsletter which provides news and updates about the practice and staff plus useful information about how to maintain your dental & oral health.

Practice News

Congratulations to Lisa!

Congratulations to our dental nurse Lisa. Having qualified as a dental nurse last year, she is now fully registered with the General Dental Council.

Our McMillan Coffee Morning

Raised £225!



On Friday 25 September we participated in the worlds biggest coffee morning and held our own event by selling home baked cakes made by the staff.

We converted our reception into a tea room and served tea and freshly brewed coffee.

It was a huge success and we raised £225!

Thank you to all our patients, friends and families who came to support us.

Please watch out for next years Coffee Morning!

Staff Training

We strive to maintain a safe and effective practice for our patients and our dentists and staff regularly attend training courses provided by Denplan and the NHS.

We recently completed training in the following areas:

- Safeguarding Vulnerable Adults and Children
- Oral Cancer
- CPR refresher/Medical Emergencies
- Customer Service, CQC Inspections and Bridgework

Attending regular training courses ensures we are up to date with the latest techniques and informs us of any changes to the required standards for dental practice, as guided by the GDC and the BDA.

Christmas Holidays

2015



Please find details below of the dates of the forthcoming Christmas Holidays

Christmas Eve	- Closed from 12.30pm
Christmas Day	- Closed
Boxing Day	- Closed
Sunday December 27	- Closed
Monday December 28	- Closed
Tuesday December 29	- Closed
Wednesday December 30	- Open 8.40am until 5.00pm
Thursday December 31	- Closed
Friday January 1	- Closed

We will re-open on Monday January 4 at 8.40am.

If you have a dental emergency during the Christmas holidays please call the practice telephone number for information about how to receive emergency treatment.

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Treating a fearful patient

The fear of going to the dentist (dental anxiety or dental phobia) is not uncommon, and in the most severe cases it can result in people avoiding dental treatment altogether. Denplan's latest consumer research revealed that 39% of patients who don't visit their dentist regularly do so because they have a fear of the dentist or the pain they might feel.

The ability of dental teams to diagnose and differentiate between those patients who are anxious and those who have extreme fear is the key to successful patient care. A patient's anxiety may be based on the fear of the unknown, or on a previous treatment experience.

Alternatively, a patient with more extreme dental fear might have suffered from a more frightening experience which might have little, if anything to do with dentistry. However, with assistance from the dental team they might be able to start to piece together how their frightening incident might be linked to a memory of an unpleasant dental treatment experience.

Taking the time to go through a patient's medical, dental and social history is an important step too in determining the level of anxiety a patient may have, and helping you to understand the reasons behind the anxiety. As a dental practitioner we can then try to reduce the patient's anxiety to enable them to accept the treatment we are offering.

There are many ways to help reduce the intensity of anxiety so please talk to your dentist or one of the staff if you have fears or concerns about visiting your dentist. We will do everything we can to make your visit as comfortable and stress free as possible.

November is Mouth Cancer Action month



Mouth Cancer Action Month is a charity campaign which aims to raise awareness of mouth cancer and make a difference by saving thousands of lives through early detection and prevention.

For more information visit the Mouth Cancer Action website www.mouthcancer.org

If you have any concerns or worries regarding mouth cancer please speak to your dentist.

