



THERE IS LIGHT AT THE END OF THE TUNNEL.....

Dear Patient

We are back again and hope that you, your family and loved ones are still safe and well.

With the pandemic still here, as you may be aware, we still cannot see you face-to-face. We are still taking care of your dental emergencies, and we are now providing a totally remote triage service by the on-call dentist. Please be patient with your calls, as the system may take longer to action. This service will operate within the practice working hours. The telephone number is still the same 01923 231803. This will allow improved social distancing and unnecessary travel to work.

A big thank you to all patients who had a prescription to collect from the practice over the last month, for adhering to the social distancing and receiving the prescription via the locked front door through the letterbox. This has enabled us to adhere to social distancing guidelines to protect both you and our staff. A special thank you to Petra, our practice manager and Sahira one of our dental nurses, who have dedicated themselves to ensure that our patients are looked after, and the business remains functional throughout this time. They have been the individuals who have actually served on the front line dealing with patient queries and prescriptions.

We would like to advise all patients that please assume that during lockdown, all scheduled dental or hygiene appointments have been cancelled. We have had many patients calling inquiring about their registration status at the practice. We want to reassure you that this will be unchanged!

Again, behind the scenes, we have been busy with the deep-cleaning and reorganisation of the practice. Some changes, such as reception screens will need to be installed once we are allowed to resume service, and we hope to resume practice hours as soon as the restrictions have been lifted. We will naturally, contact you via newsletter, website, emails, Facebook or telephone when this happens.

The [practice FACEBOOK page](#) is a great source of communication, and we have been working hard on developing this coupled, with a massive overhaul of our website, which is currently being updated.

Some of you may have received a reputation text with a link to review the practice and its services we would like to thank all the patients who have replied to these as we truly value your feedback.

Another great campaign we have installed, whilst we are closed, the addition of "Live Chat" to our website. This is an online service that allows you to have conversations with our dedicated team in real-time during Practice working hours.



**STAY SAFE, STAY POSITIVE, STAY HOME, SUPPORT THE
NHS
BEST WISHES
CASSIO ROAD DENTAL PRACTICE**

How Do I Care For My Teeth During The Coronavirus Pandemic?

We've all been monitoring the latest news surrounding COVID-19, and the impact it has on our communities, neighbourhoods, and families. We understand this can be a stressful time. You may not be able to visit us for routine hygiene, fillings, and crowns, or you might be concerned about seeking help for a dental emergency. To help clear up confusion and make sure you have trusted answers, we've created a list of commonly asked questions to help you better navigate your oral health during this time.

Can good oral hygiene prevent COVID-19?

While we are still learning more about COVID-19 and its spread, there is currently no evidence to suggest that engaging in good oral hygiene can prevent COVID-19. However, we do know that **practicing good oral hygiene** can reduce dental diseases like cavities and periodontal disease and maintaining good oral health positively impacts your overall health.

It's important to note that respiratory viruses such as COVID-19 initiate and spread in the nasal cavity and the throat. Touching one's eye can also be a source of transmission. Practicing good oral hygiene will have no effect on these locations.

Good oral hygiene results in a mouth that looks and smells healthy. This means:


- Your teeth are clean and free of debris.
- Gums are pink and do not hurt or bleed when you brush or floss.
- Bad breath is not a constant problem.

How is Good Oral Hygiene Practiced?




Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly. Good oral health is important to your overall well-being. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful and expensive than treating conditions that have been allowed to progress. In between regular visits to us, there are simple steps that each of us can take to greatly decrease the risk of developing tooth decay, gum disease and other dental problems. These include:

- Brushing thoroughly twice a day and flossing daily.
- Eating a balanced diet and limiting snacks between meals.
- Using dental products that contain fluoride, including toothpaste.
- Rinsing with a fluoride mouth rinse.

Proper Brushing Technique

		
Tilt the brush at a 45° angle against the gum line and sweep or roll the brush away from the gum line.	Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.	Gently brush your tongue to remove bacteria and freshen breath.

Proper Flossing Technique

		
Use about 18" of floss, leaving an inch or two to work with.	Gently follow the curves of your teeth.	Be sure to clean beneath the gum line, but avoid snapping the floss on the gums

Help My Children Care for Their Teeth and Prevent Cavities?

Teaching your child proper oral care at a young age is an investment in his or her health that will pay lifelong dividends. You can start by setting an example; taking good care of your own teeth sends a message that oral health is something to be valued. And anything that makes taking care of teeth fun, like brushing along with your child or letting them choose their own toothbrush, encourages proper oral care.

To help your children protect their teeth and gums and greatly reduce their risk of getting cavities, teach them to follow these simple steps:

- Brush twice a day with fluoride toothpaste to remove plaque-the sticky film on teeth that's the main cause of tooth decay.
- Floss daily to remove plaque from between your teeth and under the gum line, before it can harden into tartar. Once tartar has formed, it can only be removed by a professional cleaning.

- Eat a well-balanced diet that limits starchy or sugary foods, which produce plaque acids that cause tooth decay. When you do eat these foods, try to eat them with your meal instead of as a snack-the extra saliva produced during a meal helps rinse food from the mouth.
- Use dental products that contain fluoride, including toothpaste.

What Brushing Techniques Can I Show My Child?

You may want to supervise your children until they get the hang of these simple steps:

- Use a pea-sized dab of fluoride toothpaste. Take care that your child does not swallow the toothpaste.
- Using a soft-bristled toothbrush, brush the inside surface of each tooth first, where plaque may accumulate most. Brush gently back and forth.
- Clean the outer surfaces of each tooth. Angle the brush along the outer gumline. Gently brush back and forth.
- Brush the chewing surface of each tooth. Gently brush back and forth.
- Use the tip of the brush to clean behind each front tooth, both top and bottom.
- It's always fun to brush the tongue!

How Important is Diet to My Child's Oral Health?

A balanced diet is necessary for your child to develop strong, decay-resistant teeth. In addition to a full range of vitamins and minerals, a child's diet should include plenty of calcium, phosphorous, and proper levels of fluoride.

If fluoride is your child's greatest protection against tooth decay, then frequent snacking may be the biggest enemy. The sugars and starches found in many foods and snacks like cookies, sweets, dried fruit, soft drinks and potato chips combine with plaque on teeth to create acids. These acids attack the tooth enamel and may lead to cavities.

Each "plaque attack" can last up to 20 minutes after a meal or snack has been finished. Even a little nibble can create plaque acids. So it's best to limit snacking.