

# TUPSLEY DENTAL PRACTICE

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NEWSLETTER

SUMMER 2016

*Welcome to our latest newsletter, letting you know what's new in the practice, what our active team has been up to and items of interest to keep your oral health in tip top condition.*

## TOOTH WHITENING

Tooth whitening is a very effective way of lightening the natural colour of your teeth without removing any of the tooth surface. Teeth are important for smiling, so if your teeth are discoloured and the colour is preventing you from showing your teeth, then tooth whitening might be something to consider. There are many causes of tooth discolouration: consumption of highly coloured foods and drinks such as red wine, coffee, tea (including herbal teas), ageing, some medications, trauma and smoking.

At Tupsley Dental Practice, your Dentist will be able to tell you if you would be suitable for tooth whitening. The system that we use for bleaching the teeth is the provision of customised trays and a supply of either Carbamide Peroxide or Hydrogen Peroxide gel to be used at home. Home whitening with the use of customised trays is a safe, effective and scientifically proven method of improving the appearance of discoloured teeth. The active ingredient in the product, Carbamide Peroxide or Hydrogen Peroxide, breaks down and oxygen gets into the enamel of the teeth and causes the tooth colour to become lighter. As the products used will only work on natural teeth, they will not lighten any composite fillings, veneers, crowns, bridges or dentures.

Whitening gel is available in different strengths: 10% or 16% Carbamide Peroxide or 6% Hydrogen Peroxide but it will be the Clinician who will decide which bleaching gel will be most appropriate depending on the original shade of your teeth. Carbamide Peroxide gel should be used in the trays for at least 4 hours but can be used overnight, whereas Hydrogen Peroxide gel should only be used for up to 30 minutes at a time for a maximum of twice per day. The amount of gel that is supplied will provide up to 18 days use and this is usually sufficient. However we must stress that it can sometimes take longer than this time as teeth can respond at different rates to the whitening process and darker teeth may require longer use.

If you are interested in finding out whether you would be suitable for tooth whitening, feel free to ask one of our Clinicians at your next appointment. If you are suitable then once the Dentist has provided a prescription for tooth whitening, an appointment can be made with any of our Clinicians. Three appointments would be required; the first to discuss the procedure in more detail and take impressions and a shade of your teeth. The second appointment will be about a week after the first to allow for the customised trays to be made. At this appointment the trays will be tried in your mouth and we will demonstrate how you dispense the gel into the trays. We will also use a desensitising powder on your teeth which can assist in either preventing or significantly reducing sensitivity during the whitening process. The last appointment would be for a review of the results approximately three weeks after the second. We will check the current shade of your teeth and discuss the results so far. At this stage if further gel is required this can be supplied in the form of a top up kit.

The cost for the whole procedure is £385.00 and this includes all the appointment costs, customised trays and provision of the whitening gel and application of the desensitising powder. If any top up kits are required these can be purchased at a cost of £34.50.

Some people may find that their teeth become sensitive to cold during or after the treatment. The application of the desensitising powder prior to use of the gel and the products that we use both try to reduce this but if you do experience any sensitivity, then you can stop using the trays for a few days. Alternatively you can place sensitive toothpaste in the trays for an hour a day which should stop the sensitivity.

## QUICKPRO WHITENING

At Tupsley Dental Practice we also have another option for whitening available which offers a cheaper alternative for patients wishing to try whitening or a quicker alternative to lighten teeth for a special occasion. Patients will still require a prescription from the Dentist.

Patients will only require one appointment for this system which will include demonstration of the product. This system uses a whitening varnish which is painted onto the teeth twice a day (for 30 mins) for 4 days. The varnish that is used is 6% Hydrogen Peroxide. The cost for this is £125.00.

## CLARIFICATION FOR PATIENTS WHO ALREADY HAVE WHITENING TRAYS

For any patients that already have whitening trays we would like to remind you that you need a prescription from the Dentist before purchasing any top-up gel and you will also need to bring your trays in to an appointment with any of our Clinicians to be checked for fit and for demonstration of the application of the gel in the trays. This is a legal requirement. We will also need to decide which the most appropriate gel is, as this will depend on the shade of your teeth.

## WHITENING TOOTHPASTES

There are several whitening toothpastes on the market. Although they do not affect the natural colour of your teeth, they may be effective at removing staining. Therefore, they may improve the overall appearance of your teeth. Whitening toothpastes may also help the effect to last, once your teeth have been professionally whitened.

At Tupsley Dental Practice we are now stocking a relatively new whitening toothpaste which has arrived on the market. Most whitening toothpastes on the market can be quite abrasive and have a high RDA(Relative Dentine Abrasivity) index. However in contrast, the Curaprox Black is White/White is Black toothpaste has an RDA of 59 – which is classed as a low level. (Some toothpastes have an RDA of up to 250 which can be a cause for increased sensitivity).

Last year in Tatler magazine, the Curaprox Black is White toothpaste was voted as the best toothpaste for whitening. As the name suggests the toothpaste is black as it contains activated carbon which actually adsorbs and removes the stain. The White is Black toothpaste is also black but has an extra mild taste. Both of the toothpastes are SLS (Sodium Lauryl Sulfate) free – SLS is sometimes linked with recurrent mouth ulcers or other sensitive areas in the mouth. The activated carbon adsorbs precisely those particles that cause discolouration, including: tea, coffee, nicotine and red wine.



## WELCOMING NEW PATIENTS

We would like to advise you that Rob and Ricardo are still taking on new patients. We still have some “Thank You” goody bags available to give to our existing patients if they are pleased with the treatment and service that they are receiving at Tupsley Dental Practice and wish to introduce any new patients to our Practice.

Mark is happy to provide consultations to patients who may be interested in Implants, whether they are an existing patient or not. So if you know someone who could benefit from our Implant technology, we would welcome them for an independent consultation either self-referral or by referral from their Dental Practice.

Our Hygienist team: Sarah, Stella & Jo are also taking on new patients. They also accept Direct Access patients – it is possible to see a Dental Hygienist without having to see a Dentist first. The GDC introduced Direct Access for Dental Hygienists on 1 May 2013, eliminating the need for a prescription/referral from a Dentist.



## TRAINING & DEVELOPMENT

As always, the staff at Tupsley Dental Practice pride themselves on updating skills and keeping up to date. Our last in-house training day was in June when Cross Infection was the topic.

A few staff members attended the Dentistry Show at the NEC, Birmingham in April and some others attended the British Society of Periodontology Spring conference which was held in Oxford. Both events were very interesting but the highlight for those that attended Oxford was the location of the lectures in the Oxford examination schools and the conference dinner that took place in Magdalen College.

Rest assured that all the Clinical staff regularly attend courses and fulfill their Continuing Professional Development hours required by the General Dental Council. In addition, with the explosion of Webinars that are now available, Karen Jones, our Practice Manager, is finding these extremely useful for keeping up to date with the management of the Practice. In the future, we expect many more of the staff will find these to be of interest and a very convenient way to learn.

# FUN, FUNDRAISING & CHARITY WORK

On 10th June Rob Masters and Mark Worthing were involved in a team relay challenge with another ten people running from London to Cardiff. The distance was 160 miles and needed to be completed within 24 hours and each member of the team had to do all of their own navigating. It is the UK's longest point-to-point, non-stop running relay challenge. They were raising money for 3 charities which have helped some very close personal friends of Rob with the loss of their second child.

Even though the team was completely mixed in experience they wanted to work together, raise lots of money and do a very special little boy proud. We are pleased to announce that the team was successful although it was a very tiring and demanding challenge. The team fundraising page that has been set up is Jasper's Rainbow. Please feel free to read more about the story, the reason behind raising the money and to find out more about the 3 charities that the money is being shared between. They are still collecting money so if you would like to donate please visit:

[www.justgiving.com/teams/jaspersrainbow](http://www.justgiving.com/teams/jaspersrainbow)

If you are interested in more details about the challenge that the team took part in, it was organised by Wolfpack Running - [www.wolfpackrunning.com](http://www.wolfpackrunning.com).



On 18<sup>th</sup> June, Tupsley Dental Practice took part in St Michaels Hospice 5km Painrunner again. This year some of the staff's children also got involved and did extremely well by running nearly all of the way round. However special congratulations go to Amber for taking part in the run as she had only given birth to her second child 2 weeks before!



We would also like to advise you that in October, Sarah Childs, our Dental Therapist is travelling to Kenya to do some voluntary work. She is visiting Msambweni on the East coast. She will be working with children in the local school, teaching them how to brush and is hoping to find 1000 toothbrushes to take with her to give to the children. There is a dental unit in the town which Sarah will also be visiting and offering help where needed. They have a wish list of equipment they need so Sarah is busy trying to source as many of the items as possible to take out.

We will keep you updated on further news regarding Sarah's trip in the next newsletter.

## ORAL HEALTH EDUCATION FOR HEREFORDSHIRE'S NURSERIES AND SCHOOLS

Following the success of last year's visits, Tupsley Dental Practice was keen to be involved with the "First Smiles" campaign again which is organised by the British Society of Dental Hygiene and Therapy. This campaign is aimed at Dental Hygienists and Therapists from around the country to visit Schools and Nurseries to teach young children about the importance of good Dental Health and the necessary habits for a healthy smile for life. Whether it's their first tooth or their first dental visit, a child's early experiences of oral health can impact on the rest of their lives. By building relationships between Dental Practices and local schools, First Smiles can ensure early years and primary school children everywhere receive the right information, delivered in an easy-to-understand and enjoyable way, which they can later adopt at home.

On 17 June the children in Kindergarten at Beech House Nursery School received a visit, then on 20 June Reception class children at Lugwardine Primary Academy. For both of the sessions, toothbrushing was demonstrated as part of the talk before giving assistance to the children. All the children loved seeing the new Black toothpaste and this was definitely a talking point afterwards both with the children and the staff present! Complimentary toothbrushes were provided for every child as part of the campaign and these were then used by the children during the lesson and assistance was given where required.

Brushing teeth for twice a day with a toothbrush and the use of a fluoride toothpaste was one of the key messages conveyed to the children and the 2 minute brushing technique was reinforced with the use of a large sand timer, which everyone enjoyed watching. Dental visits, different types of teeth and sugar in the diet were also discussed and reducing the number of sugary drinks and snacks was recommended. Every child was given a goody bag to take home with activities to reinforce the topics and messages that had been given. At both the Nursery and the Reception Class the children's behaviour was excellent. They sat attentively on the floor and took interest in the topics being discussed and were very enthusiastic with toothbrushing and asking/answering questions!

We have already been asked to return to both venues next year and we hope that the "First Smiles" campaign will continue to grow, therefore spreading positive messages of Oral health education to a wider population of children.

See below for pictures from both days.

Demonstration of brushing to Kindergarten class at Beech House



Reception class at Lugwardine Primary Academy



## **STAFF UPDATE**

### **CONGRATULATIONS AMBER**

We are pleased to advise that Amber has now given birth to her second son, William. He was born on 4 June, weighing 7lbs, 9 and a half. Mother and baby are doing well and William's brother, Alfie, adores him. We want to send them our very best wishes.

### **MEET OUR NEW RECEPTIONIST.....**

We are very pleased to announce the arrival of Suzette, our new Receptionist. Suzette only started a few weeks ago but has already fitted in very well and accustomed herself to our computer system and our procedures. We would like to welcome her to our team and trust she will enjoy working with us.

### **.....AND MEET OUR NEW DENTAL NURSE**

We are also pleased to welcome Jo Radon who has joined the team as Dental Nurse. Jo is helping to cover for Amber whilst she is on Maternity leave however once Amber returns, Jo will remain as a permanent member of the team. We hope she will be very happy working with us.

### **FIRST EMPLOYEE OF THE QUARTER....**

We introduced an Employee of the quarter in March, to be voted for by all team members. We are pleased to advise that our first winner of this was Carly Criasia. Well done for all her hard work and dedication to Tupsley Dental Practice – Carly is always willing to offer her help whenever she can.

### **.....AND HOT OFF THE PRESS**

Anthea Farr has been voted by the team as the latest Employee of the quarter by the team members as the winner for June. Well done Anthea for your hard work assisting Mark and as Implant coordinator but also looking after all the Dental Nurses.

## **EXPANSION OF OUR DENTAL PRACTICE WITH A NEW ASSOCIATE**

We would like to announce the addition of a new associate, Gareth Jones. Gareth and his Dental Nurse Jo Phillips recently joined Tupsley Dental Practice in June.

Gareth graduated from Liverpool University's School of Dentistry in 2003. He will be taking on some of Mark's patients, to enable Mark to accommodate more time for Implant referral patients. We are sure that those patients that are seen by Gareth will be pleased with the care that he will provide. We would like to take this opportunity to welcome Gareth and Jo to our friendly team and hope they will enjoy working with us. The addition of Gareth and Jo will enable our Practice to expand further and reduce waiting times for patients who require routine dental treatment.

To book your next dental appointment  
call

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