

ALAN ROSS

The Mill Hill Dental Practice **NEWS**



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Dear Patient,

I bring you news of our activities in the last few months which, as always, have been geared to maintain and improve the service we offer you.

Another new NHS contract.....

Following the failure of the last new contract, this government has started piloting elements of a new contract. It is now not expected to be implemented before 2015. As always, I'll keep my eyes on it but the early signs are not promising for any benefits to the patient. In fact early reports from pilot sites show there seems to be no time for treatment!

Children's Dental Health

I now advise children to start flossing their teeth when the first permanent teeth come through. This will usually be the lower front teeth, which are the easiest to do. Teeth should be flossed nightly if the gums are to remain healthy.

Please ask if there is any aspect of your child's dental health that concerns you. We will be able to give advice.

Denplan Essentials

We have added a fifth band which may suit some patients. This band covers one dental health check and three hygiene visits per year. If you think this suits your needs or you wish to change bands please discuss this with any of the team.

We offer Denplan Essentials because it fits in with the practice philosophy. Members of Denplan Essentials spread the cost of routine dental care evenly throughout the year. There are now five bands which cover varying numbers of examinations with me or the hygienist, Janine Wingate. It is my experience that regular attendees benefit from better dental health and lower bills than those who attend irregularly.

With Denplan Essentials you get exactly what you pay for – routine prevention appointments and X-rays. If, or when treatment is required, this is paid for separately but you qualify for a **10% discount** on our private fees.

Dedicated to dental health

Preventive advice

Every practice news sheet brings some advice to help you keep your mouths fit and well. For this issue I have three tips:

1. **Toothbrushing** has to be effective to maintain gum health. I recommend a rechargeable electric brush. They are proven to be better than manual brushes. Teeth need to be brushed every night and morning. A substantial number of people do not brush their teeth at night time but this is the much more important time of day to brush!
2. **Cheese** helps reverse the effects of sugar and acidic foods if eaten straight away.
3. **Toothpastes**, Sensodyne Rapid is ideal for sensitive teeth and can be rubbed on with a finger for quick results, whilst Duraphat contains double or four times the level of fluoride of normal toothpaste to aid hardening of susceptible teeth.

Implants

Several patients of mine have had implants placed in the last few years and have been delighted with the results. Implants can replace number of teeth, supporting single crowns, bridges or full dentures. I have been working with Andrew Dawood, a specialist in Wimpole Street, for over six years. He is one of the country's leading implant surgeons. Either he or I would provide the crown that fits on top of the implant.

Recalls are sent on an agreed time interval with you but they don't always get delivered by the Royal Mail. It would be useful if you also kept a date in your diary when you are next due for a dental health check.

Please do ask for further information on any of the above.

If you have any comments or suggestions as to how we might improve our service there is always an ear listening or if you prefer an anonymous approach a box in the waiting room.

As always, we look forward to welcoming you here.

All good wishes

Alan

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