



BELLE GROVE
dental surgery

April 2017

Belle Grove Dental Surgery
201 Belle Grove Road,
Welling,
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020 8856 0963

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OPENING TIMES

Mon 8.30am – 5.00pm
Tue 8.30am – 8.00pm
Wed 8.30am – 8.00pm
Thu 8.30am – 5.00pm
Fri 8.30am – 5.00pm
Sat 8.30am - 1.00pm

SERVICES

Dental Implants
Dental Examinations
Fillings and White Fillings
Root Canal Treatment
Crowns and Bridges
Emergency Dental Treatment
Tooth Whitening
Extractions
Dentures
Gum Disease Treatment

Our quarterly newsletter is designed to keep you up to date with what's happening with your practice and we will be focusing on various topics throughout the year.

WHAT IS PREVENTIVE DENTISTRY?

Preventive dentistry is the modern way of helping you keep a healthy mouth. It helps you to keep your teeth, and means you need to have less dental treatment. The two main causes of tooth loss are decay and gum disease. The better you prevent or deal with these two problems, the more chance you will have of keeping your teeth for life.

When the dental team and patient work together, this can help to prevent the need for treatment - especially fillings and extractions. Your dental team may recommend a course of treatment to get your mouth into good condition, and then work out a 'maintenance plan' to help you keep it that way.

CAN EVERYBODY BENEFIT FROM PREVENTIVE DENTISTRY?

Yes. Preventive dentistry will benefit anyone with some of their own teeth. People who don't have any teeth can also benefit, because conditions such as mouth cancer and denture stomatitis can be spotted during regular visits to the dental team and then treated. It is excellent for children and young people, but it is never too late to start.

WHAT IS INVOLVED?

Your dental team will first check your teeth and gums, and talk to you about any treatment you need. The main aim is to help you get your mouth really healthy. In a healthy mouth it is unlikely that decay or gum disease will continue to be a problem.

The dental team will thoroughly remove all plaque and tartar from your teeth. This is often called a 'scale and polish'.

The dental team will show you the best ways to brush, and how to clean in between your teeth using interdental brushes or floss, to remove the bacterial 'plaque' which forms constantly on your teeth. When you eat or drink something sugary, the bacteria in the plaque turn the sugar into acid, which may cause tooth decay. Plaque can also cause gum inflammation (swelling and soreness), if it is not regularly or thoroughly removed. The hard tartar

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(or 'calculus') which builds up on the teeth also starts off as plaque.

You will be advised which oral care products are the best ones for you to use.

The dental team may talk to you about your diet, and any habits you have such as smoking and drinking. Your dentist will also make sure that all your fillings are in good condition and that there are no rough edges to make cleaning difficult.

STAFF NEWS

In February this year all the team successfully completed first aid training in house. Staff have also recently completed Fire Safety training in the unlikely event of a fire. At Bellegrove surgery we look at safety for all our staff and the welfare of all our patients.

STAFF NEWS

We would like to congratulate Kelly who has just completed ADI implant course. She will join Elizabeth and Karen who currently work alongside Mr Mc Connell for future Implants that are carried out within the practice. Consultations are available within the practice.

Emily has recently completed an impression taking and casting course, an area in which she is particularly interested in.

TOP TIP

Always replace a toothbrush after you have had a cold, infection or sore throat. The bacteria can paint themselves on the brush which can lead to re-infection.



OF ALL THE THINGS YOU WEAR... YOUR SMILE IS MOST IMPORTANT

More and more of our patients are asking about teeth whitening. As we get older everybody's teeth darken and yellow with age. Tea, coffee, cola, smoking and many other products penetrate deep within the tooth and cannot be brushed or polished away. With teeth whitening it is possible to reverse age and food related discolouring.

WOULD YOU LIKE A WHITER BRIGHTER SMILE IN TIME FOR THE SUMMER?

Ask your Dentist for more information.