

Interdental Devices

There is a range of interdental devices that you can use to clean in-between your teeth. These can be either interdental brushes, tape floss and floss harps – you can get these here at your dentist or in many retailers.

- **How To Use Floss?**

Tear of a length of floss and wrap it around your fingers leaving a 5-10cm piece between your fingers or use a floss harp. Carefully insert the floss between your teeth and scrap down or up the side of each tooth, making sure to draw the floss beneath the gum line to clean underneath. Be careful not to do a sawing motion as this could cause damage to the gums.

- **How To Use Interdental Brushes And Picks?**

Insert the brush from the outside or inside of the interdental area and move it back and forth slowly, making sure not to damage the gums when doing so. Then simply remove and rinse the brush as these can be use several times before disposal. Interdental brushes can also be used to clean between orthodontic appliances such as braces and fixed retainers.

Slight gum bleeding may occur when using interdental devices, this is normal as plaque is being removed from the teeth and gum. However if this does persist, visit the dentist to rule out any inflammation or infection.



Oral Cancer Awareness

Oral Cancer can affect anybody and it's important that **everyone is aware of the signs and symptoms to look out for. Early detection could save your life, so if you notice any changes in your mouth, head or neck - please contact your dentist or doctor immediately. The survival rate of oral cancer is 80%-90% if detected early.**

This 7 step oral cancer self exam could save your life. It takes 2 minutes every month to check for any changes.

- **Face** – Look for any abnormal swellings or abnormalities on the skin.
- **Neck** – Run your fingers under your jaw and feel either side of your neck – are there any lumps or swellings?
- **Lips** – Pull your upper lip upwards and bottom lip downwards – look inside for any sores, ulcerations or changes in colour.
- **Gums** – Examine your gums, feeling around for anything unusual.
- **Cheeks** – Look for any red or white patches on the insides. Check for ulcers, lumps or any tenderness.
- **Tongue** – Look for swelling, ulcers or change in colour. Examine the underside of your tongue.
- **Floor and Roof of mouth** – Tilt your head back and open you mouth. Look for changes in colour, ulcers or swelling.



Bigby Street
Dental Practice



ORAL HYGIENE ADVICE

- **Tooth Brushing**
- **Diet Advice**
- **Interdental Devices**
- **Oral Cancer Awareness**

Adult's Toothbrushing

- Brushing should be carried out twice daily as a minimum – clean teeth last thing at night before bed and at least one other time each day, preferably in the morning after breakfast.
- Brush for at least two minutes but longer is fine – Set a timer if needed or brush to the length of a song.
- Brushing is more effective with a small headed medium toothbrush. You should change your toothbrush regularly – as soon as the bristles begin to splay, the toothbrush loses its ability to clean properly.
- Brush lightly in circular motions – brushing too hard can cause the gums to recede.
- Electric toothbrushes usually give better results as they can assist with brushing but still need to be used with the correct brushing technique.
- Use a fluoride toothpaste containing 1350 – 1500ppm for maximum decay control.
- Rinsing with water, mouthwashes or mouth rinses immediately after tooth brushing will wash away the concentrated fluoride in the remaining toothpaste, thus diluting it and reducing its preventive effects – spitting out excess toothpaste is preferable. If using a mouthwash, use at a different time to brushing.
- Regular interdental cleaning is recommended with either floss or interdental brushes.



Diet Advice

Healthy eating can help protect teeth. Following a proper, nutritious diet not only keeps your body healthy, but your mouth as well. It is important to eat a balanced diet and make sure that you are aware of hidden sugars in foods.

Tooth Friendly Foods

- Water and Milk
- Fresh fruit and vegetables
- Low-Fat cheese
- Breadsticks and Low-Fat Savoury Crackers
- Plain unsweetened yogurt

Foods with Hidden Sugars

- Sweets and Chocolates
- Dried fruit (E.g. Raisins, Dried Apricots)
- Biscuits and Cakes
- Ice-cream and sweetened yogurts
- Sugary cereal and cereal bars
- Fizzy Drinks, smoothies and fruit juices
- Jams, preserves, syrups and sweet sauces.

It is okay to eat foods with hidden sugars, however you need to monitor when and how often you eat them. When you eat sugary foods, a sticky residue stays on the teeth. The bacteria in your mouth start to break down this residue and produce acid, this is what attacks the tooth enamel and can cause decay if the teeth are not given time to recover between acid attacks. The teeth should have around 4 attacks a day when main meals are eaten, anymore and demineralisation of the tooth enamel occurs and decay may develop.



Children's Toothbrushing

- Brushing should start as soon as the first primary tooth erupts. Children need to be helped or supervised by an adult when brushing until at least seven years of age to make sure they are using the correct techniques.
- Brushing should be carried out twice daily as a minimum – clean teeth last thing at night before bed and at least one other time each day.
- Children under three years should use a toothpaste containing no less than 1,000ppm fluoride and children between three and six years should use no more than a pea-sized amount of toothpaste containing 1350 – 1500ppm fluoride.
- Children under three years should use no more than a smear of toothpaste (a thin film of paste covering less than three quarters of the brush).
- Brush for at least two minutes – can use a timer or brush for the length of a song.
- Rinsing with water, mouthwashes or mouth rinses (including fluoride rinses) immediately after tooth brushing will wash away the concentrated fluoride in the remaining toothpaste, thus diluting it and reducing its preventive effects – spitting out excess toothpaste is preferable.
- Disclosing tablets can be used to help indicate areas that are being missed – weekly.
- Brushing is more effective with a medium, small-headed toothbrush.



We Require A Deposit For All Private Treatment.

The deposit will depend on the cost of the treatment but our receptionists will advise you of the amount that you will need to pay in advance. This can be paid over the phone or at the practice when booking an appointment.

Deposits for Private Treatment

- Private Hygiene / Prophy Flex - £30 deposit
- BlancOne In Surgery Whitening - £100 deposit
- At Home Whitening - £100 deposit taken at Impression appointment.

If private treatment is cancelled with a sufficient amount of time and the appointment is rebooked at the time of cancellation, the deposit will be transferred. This can only be **ONCE**. If the appointment is cancelled a **second** time, we will retain the deposit and another one will have to be paid when treatment is rebooked.

The deposit will be retained by the practice if an appointment is **cancelled less than 24 hours** before or an appointment is **Missed**. This is to cover lost surgery time.

Thankyou for your co-operation.

Please be aware whitening treatments are not permanent, teeth will return to their original shade over time. The shade of your teeth will also depend on your diet and lifestyle, if you smoke or regularly have staining foods and drinks such as curry/tea/coffee/red wine, teeth will return to their original shade sooner.

HYGIENE AND WHITENING TREATMENTS

- Private Hygiene Treatment
- ProphyFlex Treatment
- Teeth Whitening Treatments

Private Hygiene Treatment

Patients at the Practice - £75

Direct access - £90

Dental Hygiene appointments focus on preventative dental care to maintain your oral hygiene, as well as treating gum disease. Dental Hygienist / Therapists have a key role in prevention and education by helping you to get the best out of your oral care regime to aid good oral and general health. They specialise in cleaning, scaling and polishing teeth.

- During a Private Hygiene appointment, an ultrasonic scaler will be used with a tip that vibrates quickly in a stream of water to clean above and below the gum line all over the mouth. This removes all the plaque and calculus that has built up around the teeth over time between routine examinations. They will then polish your teeth using either a rotating brush or cup with a special paste to remove stains. They will also give you advice on how to improve your oral hygiene routine at home, what products to use and how to use them correctly.
- If you have gum disease, you may require a deeper scaling around the roots of the teeth that can be quite sensitive, so the Dental Therapist / Hygienist may give you a Topical Anaesthetic Gel or a Local Anaesthetic Injection for this.

Prophy Flex Treatment - £90

This treatment is best for people who would like to brighten their teeth by removing stains. ProphyFlex may not strictly be a whitening treatment, but you'll certainly be able to see a difference in your smile when we're done.

• How it works?

We use a combination of high-pressure air, water, and carbonated particles to break down persistent stains stuck to the surface of the teeth caused by caffeinated drinks, red wine, and spicy foods.

This quick and simple treatment is completely safe, painless, and won't harm the surface of your teeth. We can typically achieve amazing results in around 30 minutes. There is a scale and polish included in the treatment.



Teeth Whitening Treatments

We provide a selection of private whitening treatments at the practice. These can be carried out by our Dentists and Dental Hygienist/Therapist.

The options are:

▪ BlancOne In Surgery Teeth Whitening - £250

This is an in-surgery whitening treatment that includes **3 applications** of whitening gel for **8 minutes** each under a UV light. This is all included in one appointment where the gel is applied 3 times in one session to produce a brighter result. This includes a Scale and Polish before the whitening procedure is carried out. The appointment is approximately **60 minutes**.

▪ At-Home Whitening – Whitening trays included - £350

This treatment allows you to whiten your teeth in the comfort of your own home. An initial assessment is carried out to take **impressions** of your teeth so we can provide you with **custom whitening trays**. These are sent to our lab to be made for you. We will then have an appointment with you to fit your trays and give you your **Boutique Whitening Pack** containing **4 tubes of whitening gel**. We will give you instructions on how and when to use your whitening gel and take the current shade of your teeth. You are then free to use your whitening treatment as frequently as you feel necessary until you reach your desired shade, you can then reduce how frequently you do the treatment. After a couple of weeks, we will see you for a **review appointment** to see how you are doing, we will take the new shade of your teeth to show you the improvement and give advice on any problems that you may have.

Additional tubes can be bought in future from us for **£50**.

Management of Periodontal Disease



In order for periodontal treatment to be successful and the disease well-managed, it must be supported by **high standards of daily oral hygiene and home self-care**. This should involve brushing for longer, focusing on the gums to reduce plaque levels in the mouth. Consider using interdental device such as interdental brushes, floss and water flossers to clean between the teeth and remove any debris that could work its way down in to the pockets and cause pain or infection.

If periodontal treatment provided by your dentist is not supported with adequate levels of oral hygiene at home, it will not be successful and the result will be continuing destruction of supporting bone leading to tooth loss. Another thing to consider that will reduce the chance of, or slow down the progression of periodontal disease are the **risk factors**, besides plaque build up. The other main factors are:

- **Smoking** - It is important that you stop smoking and using other oral tobacco and nicotine replacements in order for treatment to work well.
- **Poorly or uncontrolled diabetes** - High blood sugar levels causes increased destruction of the bone and tissues supporting the teeth and patients do not heal well after treatment. It is vital that diabetes is controlled with the help of your GP.
- **Genetic factors and a diet consisting of high refined sugars and low in antioxidants (fruit and veg)**. Periodontal disease can be hereditary, so if it is known in your family to have problems with gums, make sure to keep a good oral hygiene routine to reduce the chances of developing the disease. A balance diet is also important as the nutrients and antioxidants in fruit and veg can help promote healing in the body and reduce inflammation.



PERIODONTAL ADVICE

- The Dental Biofilm
- Progression of Periodontal Disease
- Treatment of Periodontal Disease
- Management of Periodontal Disease

The Dental Biofilm

The dental biofilm, more commonly known as dental plaque, is the sticky colourless layer that naturally develops and attaches to tooth surfaces, restorations and prosthetic appliances such as dentures and bridges in the mouth. It is made up of a protein film called the salivary pellicle that contains **beneficial aerobic microbes (Good Bacteria)** that helps keep the **pathogenic microbes (Bad Bacteria)** from overgrowing, creating a detrimental effect on the teeth and gums.

As the biofilm develops and matures over time it is on your teeth and gums, it becomes more structured and resistant to disruption. This is when the beneficial microbes begin to become overwhelmed with the pathogenic microbes and the gums become inflamed. The biofilm should be **disrupted regularly by tooth brushing** to prevent this from occurring.



Progression of Periodontal Disease

Periodontal Disease develops when the dental biofilm is not regularly disrupted and a build up of plaque and pathogenic bacteria develops. This causes **the gums to become red, inflamed and prone to bleeding (Gingivitis)**. Healthy gums do not bleed!

If gingivitis is allowed to develop into periodontitis, it will start having a detrimental effect on your mouth. It causes irreversible damage to the bone and tissues that hold the teeth in the jaw.

You will notice that your gums will start to **recede**, exposing more of your teeth making them **appear longer**. You may also experience **tooth sensitivity**, where the root of your tooth is exposed due to this recession. **Pockets** will start to develop around the teeth, when the ligament holding the teeth in the jaw are destroyed creating a gap between the tooth and gum. **Bad Breath** may also occur.

Eventually during the late stages of periodontitis, when the pockets become 6mm + deep, you will find that the teeth will become **mobile leading to tooth loss**.

The disease is usually **slow progressing**, but can go through periods of rapid destruction. It is painless and silent, only causing problems in the late stages when you can experience **pain associated with tooth mobility**, and **reoccurring gum abscesses** due to bacteria going into the pockets around the teeth causing infection.



Treatment of Periodontal Disease

Periodontitis is treatable and can be halted in its progression. It can be **stabilised**, preventing any further damage occurring to the ligaments and bone surrounding the teeth.

Changes will need to be made to your lifestyle and daily routine. You will need to attend the dentist more regularly for examinations, **every 3 months is recommended**, so we can measure the progression of the disease to see if it has become worse or improved. We will also need to see you regularly for cleans between examinations – the hygienist can see you for this treatment.

Periodontal treatment involves cleaning the teeth and root surfaces from calculus, plaque, toxins and debris. This is called **'deep scaling' and 'root surface debridement'** and is best done under local anaesthetic to avoid discomfort and allow thorough cleaning to be done. The aim of the treatment is to thoroughly and systematically clean all affected root surfaces from the harmful material and toxins that can cause further destruction of bone and supporting dental tissues.

The success of periodontal treatment is dependant on both the treatment and **you**. In most cases, regularly attending the dentist and making sure that you maintaining a **good oral hygiene routine** means that the periodontal disease will stabilise. This works for the majority of people. However, despite this, periodontal disease can sometimes be challenging to treat and in certain circumstances you may need a referral to a specialist in gum disease (**periodontist**).