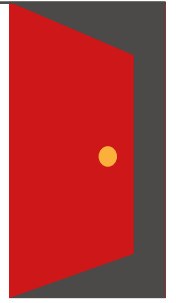


R The Whole Tooth

from Behind the **Big Red Door...**

www.wrexhamdentist.co.uk

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Clinical Director & Dentist

Greetings from a wet and windy Scotland. After a very frenetic last 4 months where the practice has been open every day, treating dental problems across Wrexham and the surrounding areas, I have taken a few days to recharge my batteries.

We are seeing a small yet worrying increase in Covid-19 cases in our borough, so it is important to continuously monitor and adapt to the life changes we face. Back in February I was chatting to patients about my surprise that the government had not made masks compulsory for public places; well six months on it seems that is now likely. Knowing how to wear your mask is as important as having one in the first place so we have uploaded a video on our youtube channel to show you how to wear and remove it safely.

The rising cost of safety

Pre-pandemic, the cost of PPE for treating a single patient with an Aerosol Generated Procedure was around 35 pence. Now with fluid resistant gowns, respirator masks and other essential equipment the cost is around £30 per patient. This is partly caused by suppliers profiting from their overnight rise in popularity. As the consumer's latest must-have is a standard surgical face mask which pre-covid cost 3 pence, we are now being charged 60 pence. Meanwhile, surgical gloves have doubled in price. Is this entrepreneurship, basic supply and demand economics or blatant extortion?

Taking coronavirus stress out on your teeth?

During this anxious chapter of our lives, many of us are experiencing the effects of bruxism (teeth clenching and grinding) without even realising. Symptoms include: -

- **Migraines** • **Toothache** • **Headaches**
- **Aching facial muscles** • **Jaw and neck pain**

Yoga, deep breathing exercises and other relaxation therapies can help to reduce bruxism, but for a guaranteed way of preventing any on-going damage virtually overnight, the solution is to invest in a mouthguard such as a Sleep Clench Inhibitor. For those of you still working from home you could even wear your SCI during



high periods of concentration throughout the day. Many of life's stress factors are beyond our control at the moment but this is one headache that you can actually deal with. If you are experiencing bruxism effects book an online consultation with Ciara our SCI provider and take at least one stress out of your life.

Congratulations

Congratulations to Patrycja who completed her Diploma of Dental Nursing this month to become a qualified dental nurse.

In the Spotlight

Emily joined RRDP as a trainee dental nurse in April 2019 and has been fortunate to work alongside most of the dentists and benefit from their expertise. 'I learn so much from them. They are supportive of my studies and offer constructive advice to improve my skills'. Emily has insight to all aspects of dentistry and has already found her niche. 'I really enjoy working with the Dental Therapy team, particularly with child patients. I love the oral health education aspect of the job, teaching children how to look after their teeth'. Emily passed her first dental nursing exam this week with flying colours so is already a step closer to realising her dream job of working in a hospital as a Children's Dental Therapist.



Time to dispel myths about whitening

The truth is that the best way to whiten your teeth is always with the professional help of a dentist.



When it comes to whitening there is no 'one size fits all'. Here at RRDP we've taken our same superior formulas of Philips Zoom! DayWhite and NiteWhite and redesigned them around specific patient needs so you can have the whiter smile you wished for, using a safe and effective formula.

- **Baking soda does not whiten your teeth, but it does disrupt the ratio of good bacteria in your mouth.**
- **Hydrogen peroxide is not a cheap whitener. In fact, when it comes in contact with tissue it causes it to age.**
- **Whitening toothpastes are too weak to have a significant effect. Also, in order for whitening to happen at all, the product needs to be in contact with your teeth for a minimum of 20 minutes.**
- **At-home whitening kits do not have the same effect as professional ones prescribed by your dentist. They are not prescription products therefore have a lower level of whitening concentration.**
- **Once whitened, teeth will not stay white although being careful about what you eat and drink will prolong their brightness**



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