

# R The Whole Tooth

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

[www.wrexhamdentist.co.uk](http://www.wrexhamdentist.co.uk)

DEC 2020



It's been a long and very emotional year but finally there is a light at the end of the tunnel and we can end 2020 with a genuine smile and hope that the New Year brings a welcome fresh start. On behalf of all of the team I would like to express our heartfelt gratitude to all of our patients for being so understanding and supportive over the last nine months, as we have tried to accommodate as many of you as possible under the most difficult circumstances. Have a safe and enjoyable Christmas and we look forward to seeing every single one of you in 2021.



## CELEBRITY DENTISTS

Our dentists have been all over the media this week. BBC Wales spent a morning filming and interviewing Debbie about the benefits of video consultations in dentistry.



Bilingual Debbie spoke in English for BBC Wales News and in Welsh for the S4C viewers. Meanwhile Dan was interviewed by Radio Wales about the positive impact of virtual dentistry following on from being Guest Speaker at a Public Health Wales conference where the audience included several influential figures including Chief Dental Officer Colette Bridgman. You can watch and listen to their interviews on **BBC iplayer** and **BBC Sounds**.

## OPENING HOURS

24th Dec ..... 8.30am - 2pm

25th - 28th Dec ..... **CLOSED**

29th - 31st Dec ..... 8.30am - 5pm

1st - 3rd Jan ..... **CLOSED**

4th Jan ..... 8.30am - 5pm

If you have a dental emergency over the Christmas holidays, call 111 for NHS Wales or 01244 355240 for private emergency care.

## White Christmas

Remember to top up on your gel for a brighter, whiter smile. If you have never whitened before there is still time to book your treatment ready for the New Year.

## In the Spotlight

Beth first joined the practice as a dental nurse and returned as a fully qualified Dental Therapist. "I'm passionate about delivering my patients a complete package of care from preventative advice through to treatment. Prevention is key and being able to pass on words of wisdom to help patients achieve optimal oral hygiene is very rewarding. Hygiene sessions are particularly important whilst we are unable to offer routine dental check-ups". Beth loves spending time with her family and has even involved them in her work when her two adorable boys played star roles in our on-line tutorials about looking after your child's teeth.



## All I want for Christmas

Christmas is a time of treating yourself, but with so many risks to your smile during the festive season it's important to take a little extra care.

### DON'T GRAZE

It's not the volume of sugar you consume that will damage your teeth, but the frequency that you eat it, so eat treats in one sitting.

### USE THE RIGHT TOOLS

Your teeth aren't scissors, bottle openers or nutcrackers and using them for any of those reasons is a sure fire way to crack or weaken teeth or even dislodge a crown or veneer.

### ICE-BREAKER

Chewing on ice could damage healthy tooth enamel and break teeth, so either pour your drink over crushed ice or just let it melt away.

### STEER CLEAR OF THE TOFFEES

Toffees have the power to pull off dental restorations such as fillings, crowns, bridges, or veneers. Try chocolates that melt and leave the mouth quickly to limit any dental damage.

### PROSECCO CHASER

Packed with acid, sugar and alcohol, prosecco can sit on the tooth's surface and cause damage to the enamel. Limit the erosive effects on your tooth enamel by drinking plenty of water in between glasses.

### USE A STRAW

Red and mulled wines contains tannins which make the tooth enamel more porous and more susceptible to staining, so sipping through a straw can help protect your teeth from staining.

### SAY CHEESE!

Cheese is great for your teeth as it neutralises acid plaque which helps prevent tooth decay. It also releases chemical compounds that can form a protective layer on teeth which protects acids that attack teeth enamel. A great excuse for another slice of cheddar.