



The Whole Tooth

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

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Routine check-ups

We have begun the mammoth task of recalling patients for routine check-ups. We need to ensure it is done fairly and safely so we are contacting patients in chronological order (from when their appointments were due) for each dentist. We appreciate your patience and politely ask that you do not contact us to request a check up unless we have already made contact.



In the Spotlight

Affectionately known as Mrs Hinch due to her passion for cleaning, Darna celebrates 21 years at Ruabon Road this month. Like many of our long-serving members, she has worked all over the practice, beginning as a Dental Nurse, returning after maternity leave as a Receptionist, then as Decontamination Nurse before making the full cycle as a qualified dental nurse. Alongside her dental nursing responsibilities Darna is currently undergoing training in fluoride application. 'I like keeping busy and learning new things and am really enjoying the fluoride training course as it's another aspect of dentistry that I haven't had experience of'. We look forward to seeing Darna in our Fluoride Clinics very soon.

Darna

Coming to a screen near you



We had another film crew in the surgery this month, not the BBC this time, but local company **@storyjar** who are producing a film showcasing our patients' experiences and our dental team at work. We can't wait to see the final cut.

Look before you squeeze?

Whether you are looking for a toothpaste to reduce sensitivity, restore enamel, protect the environment or achieve a reliably healthy smile without spending a fortune, make sure you read the small print. The most important thing is for your toothpaste to contain fluoride to prevent decay, but it's worth getting familiar with other ingredients as some more expensive brands make big claims but have near-identical ingredients to

cheaper alternatives. It may surprise you to learn that some toothpastes contain animal-derived glycerin or bee-derived propolis which is unsuitable for vegans. When it comes to rubbish, an estimated 1.5 billion single-use toothpaste tubes are thrown away globally each year. Most toothpaste tubes are a composite of aluminium and plastic so can't be recycled, though some brands offer recycling if you post them your empties.



Flush and Floss

Dental floss and interdental brushes are the conventional way to clean between the teeth, but if you love a gadget and would like a more thorough clean then why not buy a waterflosser? Our Dental Therapy team were impressed by a recent demonstration of the latest Waterpik Waterflosser which uses pressurised water to flush out trapped food and debris ideal for removing plaque and reducing gingivitis. It is also perfect for cleaning difficult to reach areas so is particularly handy for patients with braces, implants crowns, bridges and veneers.