



The Whole Tooth

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

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MAR 2021



National Day of Reflection 23 March

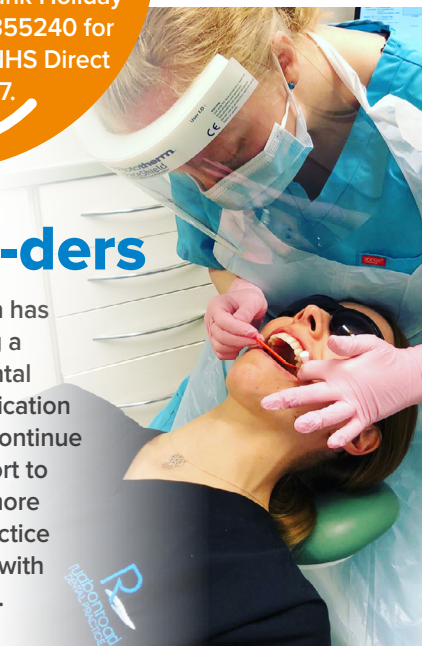
marks the one-year anniversary of our first national lockdown. Members of the Facebook group 'Covid Families Wales' are urging residents to 'light up Wales to remember' by putting yellow hearts and fairy lights in windows, lighting a candle, wearing yellow ribbons and daffodils and joining in the national minute silence at midday. As well as remembering those that lost their lives, we can take the time to reflect how in adversity we saw strength, as colleagues, friends, neighbours and communities and how we have come together to help each other.

Bank Holiday Hours

The Practice will close for Easter at 5pm on Thursday 1st April and re-open at 8.30 am on Tuesday 6th April. If you have a dental emergency over the Bank Holiday weekend, call 01244 355240 for private treatment or NHS Direct on 0845 4647.

Fluo-Ri-ders

Dr Annie Hodgson has been busy training a select team of Dental Nurses in the application of fluoride as we continue to make every effort to assess and treat more patients at the practice despite operating with restricted capacity.



Egg-stra Easter toothcare

It's almost that time of year where we can indulge in guilt-free chocolate but, before you do, remember these simple tips to enjoy your easter treats and still protect your teeth and gums.

Stick with Chocolate

Avoid lollies or sweets. Chewy sweets stick to your teeth and hard ones can break or chip your enamel.

Don't Graze

The more frequently you eat, the longer your teeth are exposed to cavity-causing acids so try and wait several hours between eating.

Rinse

Your tooth enamel is soft whilst under attack from acids so brushing straight after chocolate can be harmful. Instead, rinse your mouth with water after a sweet treat as it will help neutralise PH in your mouth.

Brush

Always go to bed with clean teeth to avoid exposing your teeth to acids all night long.



Story about a Smile

A heart-warming story on page 10 of this month's edition of **Essential's** magazine features our lovely patient Jeanette who shares her personal experience of how a smile makeover improved both her mental and physical wellbeing.



In the Spotlight

Rachel is Dr. Hodgson's Implant Nurse & Treatment Co-ordinator. "Will and I work well together. As his nurse, it is important I strike the right balance between providing clinical assistance so he can carry out the surgical implant procedure seamlessly but at the same time looking after the patient in the chair". Patients can often be anxious about the prospect of having implants fitted so Rachel provides emotional support as well as being responsible for the practicalities of booking appointments and organising Treatment Plans. "I try to build a rapport with our patients so they feel comfortable discussing any aspect of their care. At the end of their implant journey patients are always thrilled with their new smile and it is the best feeling knowing that we have helped to bring such a big change to their lives".

