

# R The Whole Tooth

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

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September brings a change of season and along with it a change in social distancing guidelines. It has also brought an announcement from the Chief Dental Officer revising operating procedures for dentistry in Wales. This allows us more flexibility to treat more of our patients which has put a big smile on our masked faces.



## Hold on to your healthy smile

Low Amber phase restricts us from carrying out check-ups on our valued NHS patients, and this may well be the case until the Spring, so here are some tips help protect your teeth until we can see you again.

- **Tool up:** Use dental floss/interdental brushes and mouthwash daily.
- **Treat yourself:** Invest in quality electric toothbrush.
- **Download helpful Apps:** Apps such Brush DJ and Drink Water Tracker encourage healthy oral habits.

### Practice Plan Appointments

We are very pleased to say that we can now re-schedule overdue check-ups and hygiene sessions for our Practice Plan Members so keep an eye out for our email or text inviting you to make your booking.

## Beware of Mask-mouth

It was hardly a shock announcement to learn that we have now joined the rest of the UK in compulsory mask wearing in public. What may come as a surprise to you however are the perils of wearing a mask. 'Mask mouth' is the latest addition to our covid-vocabulary describing oral health issues arising from prolonged use of face masks such as decaying teeth, receding gum lines and bad breath.

### How can you avoid mask mouth?



■ **Keep your mask clean:** If you're breathing constantly into your mask it will fill up with bacteria from food particles, make-up, breath, sweat and dirt. Change your mask daily and wash reusable masks on a hot wash (60°) with detergent.

■ **Scrape your tongue:** Bad bacteria that produces odorous compounds rest on your tongue so regularly scrape your tongue to avoid smelly breath.

■ **Breathe through your nose:** Practice techniques to focus on breathing through your nose when not wearing your mask.

■ **Enjoy Fresh Air:** Take regular breaks from wearing a mask where safe to do so. Avoid wearing your mask in open spaces far away from others and take lots of big deep breaths.

■ **Drink plenty of water:** Drink water throughout the day to keep your mouth clean and wash away any food particles sitting in the teeth, gums and any other areas of the mouth. It also rehydrates and restores the balance to the oral microbiome.

■ **Increase oral hygiene care:** If your job requires you to wear a mask allow yourself an extra 5 minutes at the end of your break to floss, ensuring your mouth is clean before putting the mask back on.

## Congratulations

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



## In the Spotlight

Kay has been at Ruabon Road since 1991 and over that time has seen a lot of changes. 'One of the best things about working here is the life-long friendships I have made. Many of us have watched our children grow up together, shared special experiences and laughed and cried together'. Kay's first role was as Dental Nurse working alongside Suzie Bentley. 'Things were very different back then. We used to clean our tools in hot-air ovens and develop x-rays by hand. Everything was hand-written and we did a lot more running up and down the stairs'. Now Kay shares her time between nursing and various patient liaison roles. 'I like to keep busy and am always on-the-go which is why you'll see me in a clinical role chair-side one day and behind Reception the next'. Rest assured whatever job you find Kay doing she will be doing it with a spring in her step and a smile on her face.



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