



# Merry Christmas & a Happy New Year

All the staff at the surgery would like to wish all our patients a very merry christmas and happy and prosperous new year.

The new year will bring additional hygienist availability and services. This will complement more availability of dentists with Dr Patel providing dental and more specialised services. These include Oral Surgery, Invisalign and Implants.

Colin will continue to provide general dental services, but additionally will be expanding the orthodontic provision and botox services.

## Credit Facilities

Just in time for the new year, in response to patient enquiries, Petre Dental has gained its credit licence. We can now offer credit facilities for the more expensive treatments like implants and orthodontics to help patients to spread the cost of treatment with regular affordable monthly payments.

So, if you were putting off having that tooth replaced with an implant or were unable to afford the large outlay to have a brace done or even a new fixed bridge to replace an unwanted denture, we now have a new option which might suit you. Ask reception for an information leaflet.

## Can fizzy drinks ruin my teeth?

Research shows that orange squash, cola and other carbonated drinks can cause both dental erosion and tooth decay.

Tooth erosion involves the loss of hard tissue from the tooth's surface through a chemical reaction with acids - many of which are found in carbonated fruit drinks. If untreated, it can cause sensitivity, enamel fracture and pain.

Tooth decay occurs as a result of high sugar content in our drinks. Some fizzy drinks can contain up to 21 lumps of sugar in just one can. The good news is that sugar-free fizzy drinks (or diet drinks) do not lead to tooth decay. They can, however, still erode your teeth by wearing away the hard tissue or enamel.

Each time you drink anything sugary, your teeth are under 'acid attack' for up to one hour after drinking. This is when sugar from drinks reacts with bacteria in our plaque (the sticky coating on our teeth) and produces harmful acids.

It only takes a week for an extracted tooth in a glass of cola to become a jelly-like mass.

Even more surprising is the news that even sparkling water can also damage our teeth. This is because our teeth are constantly being bathed in a weak acid solution containing carbon dioxide.

Dentists recommend drinking from a straw to help minimise acid attacks because fluid is being drawn to the back of your throat, rather than hitting the front of your teeth directly.

**Verdict:** Fizzy drinks can cause both tooth decay and erosion. If you want to limit the damage to your teeth, choose sugar-free fizzy drinks (or diet drinks) because they do not cause tooth decay. They can, however, still erode your teeth by wearing away the hard tissue or enamel.



**Sparkle at Christmas**  
Teeth Whitening from £180.00  
**BOTOX & FILLERS**  
Treatment : 20% OFF

3 areas botox normally £295 NOW £236

(Vouchers are now available)



## "The Hygienist"



### How Often Should I Have My Teeth Cleaned: Listen to Your Dental Hygienist

There are many factors that determine how often you should have your teeth cleaned. As long as you have gum disease, there is no doubt that the **hygienist** is the one best suited to determine how often. She knows how to evaluate the health of your gums and after a few appointments can determine how committed or able you are to taking care of your oral health.

So while I strongly urge you to let your hygienist be the judge, you should know that how often she will recommend having your teeth cleaned will ultimately be up to you and you alone! Your hygienist can only support you while you are in the surgery. She won't be following you home and taking care of your gums and teeth between visits—that's your responsibility. It's important to remember that treatment is what is done to you; prevention is something that is done by you!

At Petre Dental, both Emily and Louise are qualified Therapists. This allows them to carry out many more forms of treatment other than hygiene services. They both are able to provide **fillings** for adults and children alike. They are skilled at taking children's teeth out...of course when this is needed!

They are qualified to give **local anaesthetic** so there is no need to suffer when having a clean. If you suffer from sensitivity, don't be scared to ask to be numbed up. We would rather you had a thorough clean free of pain than a half hearted clean which doesn't help anyone. They are qualified to take **X-rays** and take **impressions** for study models and whitening trays. The in chair **1 hour whitening** has become a very popular treatment.



### Christmas Emergencies

For Dental emergencies over the holiday period, call the surgery on 01254 388333 and you will be directed to the emergency number. If you need denture repairs over christmas call 01282 862823 and Mr Heaysman will organise a repair for you.



## Electric Toothbrushes

Many people do prefer electric toothbrushes because they are less work to use, you don't have to worry about timing how long you're brushing for or whether you're applying too much or too little pressure because of in-built features, and they are particularly helpful with children as they encourage them to brush their teeth more frequently.

Due to these advantages people who use electric toothbrushes do tend to brush their teeth better, as it is easier and their mistakes, such as brushing too hard, are corrected by the brush itself.

Choosing a particular model can be quite tricky so this is where we come in with our extensive toothbrush reviews. When looking through the different reviews keep an eye on these features:

- **In-Built Timers** – dentists recommend that you brush your teeth for at least two minutes twice a day. Almost all electric toothbrushes nowadays come with an in-built timer. It is very helpful – make sure that the toothbrush you buy has one.
- **Pressure Sensors** – pushing too hard isn't good for your gums, and many of the top-end electric toothbrushes will beep if you start to push too hard.
- **Different Brushing Modes** – many toothbrushes now have different cleaning modes, ideal if you have sensitive teeth or want your teeth to look extra white. The top models tend to have at least 3 cleaning modes.
- **Sonic Vibrations** – there's a line of toothbrushes that emit sonic vibrations to be extra effective at breaking down plaque. These toothbrushes do tend to be quite expensive and dentists disagree about how effective these vibrations are, so don't feel that you have to push to boat out for one of these Sonic brushes.
- **Toothbrush Heads** – along with different cleaning modes often different toothbrush heads are included. Try to get a toothbrush that comes with a number of different heads as certain ones are better at cleaning particular spots in your mouth.

### Special offers for christmas at Petre Dental

OralB 4000 £75.00



OralB 5000 £99.00



You Deserve  
a Brilliant Smile

Petre

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Surgery

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