



WELCOME TO THE WHITE HOUSE DENTAL PRACTICE

NEWSLETTER AUTUMN / WINTER 2009/10

Welcome to the autumn/winter edition of our newsletter. This newsletter is about more than just teeth! We like to remind you about the important link between oral health and your overall health. Have a look at the health and nutrition tips along with a dental warning on some "fast" foods and energy drinks and bars — popular with today's teens. If you have any concerns at all about your dental health, or you're looking to improve your smile with any of today's easy and effective cosmetic dentistry procedures, please be sure to give us a call. We hope you enjoy the articles and we look forward to seeing you soon!

All the best
The White House Dental Team

NEW PATIENTS WELCOME

One of the biggest compliments you can make to us is to refer us to your family, friends and colleagues. Referrals are our number one source for new patients, so if you know someone who's looking for a new dentist we would very much appreciate it if you pass on our details. Thank you!

REFURBISHMENT



You will have noticed the refurbishment that has been happening at the practice over the last year or so.

The aim was to make an airy, bright and comfortable space for both patients and staff. We think we have achieved our aim and we hope you like it too!

NEW DECONTAMINATION UNIT



We are proud to be the first practice in West London to have a dedicated decontamination unit for the sterilisation of instruments and equipment. The Department of Health recommends that all practices should carry out decontamination in a separate dedicated room, although many practices do not have sufficient space. Our new unit allows a one-way flow of traffic from the 'scrub room' to the 'clean room' for handling of all sterile instruments. Entry to the 'clean room' is prohibited to all staff apart from our dedicated, full-time Decontamination Unit Operator.

THE LAST STRAW

In many cases tooth decay initiates, not because of what type of food you put in your mouth, but because of the length of time a food or beverage is in contact with your teeth. After having a meal, snack or drink, the bacteria in plaque release acids that attack the enamel surfaces of your teeth. Repeated acid attacks erode the enamel, eventually causing tooth decay and cavities. We suggest indulging in drinks (besides water) and

sugary/acidic foods in one sitting, instead of snacking on or sipping them throughout the day. If you can't break your habit of sipping the occasional beverage over a longer period of time, you may want to consider drinking through a straw, positioned towards the back of the mouth. This allows the drink to avoid as much contact as possible with your teeth, and therefore minimizes the risk of not only cavities, but also staining on your front teeth. Of course, even when drinking through a straw, your back teeth will still be bathed with sugary and acidic liquids, so it's always wise to rinse your mouth out with water when you finish. Don't brush your teeth straight away though — wait at least 30 minutes to brush, to allow softened tooth enamel to re-harden and avoid any damage caused by the toothbrush.

TOP TOOTH TIPS



- ✓ Replace your toothbrush at least every three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.
- ✓ Clean between your teeth once a day to help prevent tooth decay, bad breath and gum disease. Various products are available for this including floss and tiny inter-dental brushes — we can advise you which is best suited to your teeth.

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A WINNING PRACTICE

We have achieved a number of awards in the past six months, which we are very proud of. These include:

BDA Good Practice Award



This has been awarded to us by the British Dental Association due to our high standard of work and commitment. The Good Practice Scheme is based around a ten point commitment to good practice:

1. We aim to provide dental care of consistently good quality, for all patients.
2. We only provide care that meets your needs and wishes.
3. We aim to make your treatment as comfortable and convenient as possible.
4. We look after your general health and safety while receiving dental care.
5. We follow the British Dental Association's guidelines on infection control.
6. We check for mouth cancer and tell you what we find.
7. We take part in continuing professional development to keep our skills and knowledge up-to-date.
8. We train all staff in practice-wide work systems and review training plans once a year.
9. We welcome feedback and deal promptly with any complaints.
10. Every member of the practice is aware of the need to work safely under General Dental Council guidelines.

ISO 9001 Award

This is the internationally recognised standard for an organisation's internal quality management. Quality management refers to an organisation's actions to ensure that its services satisfy its customers' quality requirements and complies with any regulations applicable to those services.

ISO 14001 Award

This standard specifies the requirements for an organisation's environmental management system. It applies to environmental aspects over which an organisation has control and where it can be expected to have an influence.

NEWS FOR ALL OSTEOPOROSIS SUFFERERS

If you are taking medication for osteoporosis, especially if it is a bisphosphonate treatment, please make sure you tell us as this medication can cause problems with your jaw bone. The medication, which is also used to treat Paget's disease, hypercalcaemia and some cancer patients, is associated with osteonecrosis of the jaw (ONJ). Symptoms can include loose teeth, exposed bone, pain, swelling or infection in the jaw or gums, jaw numbness and dramatic gum loss. We can help you to avoid ONJ by avoiding certain treatments where possible, by making sure that any dentures fit well (poor fitting dentures can contribute to ONJ), and by ensuring you follow a good daily oral healthcare routine. We can also check for any signs of the condition during your regular check-ups.

BRIGHTEN UP YOUR WINTER WITH TOOTH WHITENING



The success of any tooth whitening programme depends on the degree of staining on the teeth, and how the discoloration originated. Most discoloured teeth tend to be a product of common culprits: coffee, tea, red wine, soy sauce, curry, berries and smoking, which are all known to stain teeth yellow. The whitening technique removes this staining that has penetrated deep within the tooth. However if the discoloration in your teeth is due to thinning enamel (usually from aging), an injury, or drugs like tetracycline, they may not respond to whitening. Instead, we will suggest very effective alternatives including veneers, crowns and bonding, to create your perfect, white smile.

Two options to brighten your smile....

ZOOM! In-Surgery Whitening

This is a one hour process performed in the dental chair. It involves coverage of the gum and soft tissues with a special latex material, before the whitening gel is applied to the enamel of the teeth. The teeth are then exposed to a special UV LED light, which activates and speeds up the whitening process.

Home Whitening

This involves taking an impression of the dental arches and the production of custom made clear plastic trays. Special whitening gel is placed in the trays and they are worn over the teeth for a few hours a day until the desired degree of whitening is achieved.

PROTECT YOUR CHILDS TEETH



Supervise children under the age of seven with tooth brushing. If they want to do it themselves, let them, but still do a final brush when they've finished.

- ✓ Brush with fluoride toothpaste twice a day. Children over six can use an adult strength formula.
- ✓ Don't let them rinse after brushing.
- ✓ Only give juice or carbonated drinks with meals or snacks. Stick to milk or water at other times.
- ✓ Use a straw for carbonated drinks.
- ✓ Encourage your child to consume drinks as quickly as possible, rather than sipping them over a long period of time.
- ✓ Limit sweet foods to after meals when the extra saliva created by chewing will help to protect the teeth.



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