

Introducing Devayani Arya

"I qualified as a dentist from Kings College Dental School and then went on to complete my Specialist training in Orthodontics in 2001 from Guys Hospital. With twelve years of experience under my belt I have seen how straightening teeth at any age can have a positive affect on an individual's attitude toward their oral healthcare and love being a part of that. As well as conventional fixed braces I am a registered provider

of Invisalign and Incognito Lingual braces. Outside of work I enjoy travelling to far flung places, keeping fit and pub quizzes!"

It might interest fellow partners of snorers that Dev has done extensive research into obstructive sleep apnoea. She will be happy to consult sufferers (and console partners!) on this condition.

We look forward to having Dev on the team for many years to come.

Possible toothpaste related allergies



We are often asked which toothpaste is best. As with most things, there is no 'one size fits all' answer. So much depends on individual preferences on flavour, packaging and price, so choosing a toothpaste from the huge variety on the shelves can be confusing. However, with many of the newer toothpastes containing products claiming to: whiten teeth, reduce tartar build-up, improve your gum health and freshen breath among many, there has been a rise in allergic-type reactions in the mouth.

If you find that you have recently developed a sore mouth, ulcers and/or sensitive teeth after changing your toothpaste, go back to your previous brand and see if the symptoms improve. Generally speaking, the more bland the flavour and the less bells and whistles on the packet, the less likely you are to get a reaction.

Our advice is to use a toothpaste with the age-appropriate level of fluoride, to floss daily and if necessary, use a tongue-scraper.

Please do ask for further advice and pick up one of our Advice sheets from reception with guidance on fluoride levels, oral care and healthy eating.

A little bit of house keeping!



In response to your requests, we are hoping to send out your maintenance recalls by email from next January, rather than the letters we are currently sending. However, in order to do this efficiently, we need more email addresses on our database. Please let us know which email address is best to send your recall reminders to if you haven't already done so. We will still send out two reminders, one a whole month in advance of when you are due, and one at the beginning of the month you are due. We suggest that if you require a specific time slot, particularly at the beginning or the end of the day, it is best that you book the appointment when you receive your first reminder, as these are very popular times. We understand that it can be frustrating if an early or late appointment is not immediately available, but Candice and Audra do their best to book you in as soon as it's possible, so bear with them!

Finally, in the current economic climate, it's easy to forget about giving to charity. However, it's not always about money. For several years, David has given his time and skill to treat young patients from Chernobyl through the Chernobyl Children Lifeline charity, as access to good dental care is difficult there. It's difficult to know who enjoys the experience more, David or the children!

This year, Naseema donated hair to Little Princesses, a charity that makes wigs for children who have lost their hair through cancer treatment. Thanks to Kimberley Bloomfield (who has been doing this for years!) for bringing this charity to our attention.

That's it for another edition, wishing you good health and until next time
Keep smiling

David & Naseema



Smile Update

What's inside?

In this edition, we say goodbye to Martin, our orthodontist, who is returning to Ireland. Martin has been a popular member of our team, and we all have appreciated his professionalism and friendly manner. Our thanks and good wishes go with Martin, Marianne and Emma and we hope they will be very happy in their new life on the Emerald Isle.

We welcome Devayani Arya, our new orthodontist, to our team. To find out a little more about Dev, as well as features on allergies and dental phobia, do read on.

We are adding an 'In Case Of Emergency' contact number to our patient files. In the (rare) event of a patient being taken ill, it would be helpful if we knew who to contact on your behalf. Please let us know the name and number of your emergency contact and please be assured that it will only be used in an emergency.



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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