



Investing in the practice

Over the past few months, we have invested heavily in new technology at the practice. Although there is no substitute for good clinical skills, the new equipment we have not only enhances your treatment, but also makes it safer for you and us.

Our new digital X-ray system gives us much clearer, well-defined X-rays at a much lower radiation dose. This reduces your exposure as well as ours, and also allows your X-rays to be stored digitally in your records, eliminating the need for hard copies and reducing our environmental impact. It also means that we are able to electronically send your X-rays, should referral to a specialist become necessary, which cuts down the risk of them being lost in the post.

David also has upgraded to the latest Cerec machine that allows him to make crowns and bridges in a single visit as before, but the additional features of the

new Cerec machine give you ceramic restorations that are even closer in appearance and strength to your own natural teeth than ever. He is very pleased with the results he has achieved already and we're sure you will be too.

To go with our redecorated practice, we have new uniforms. Thank you for your many positive comments on our new look.

We have also redesigned our website so it is more responsive on mobile devices. The content has also been updated and includes information on new treatments that we offer.

Please do take a look, as we are very proud of the results!

Your dental appointments



Michelle, our receptionist, runs the front desk like a well-oiled machine.

She will do her best to accommodate your appointment requests, but if you require a specific day and/or time, please try to give us as much notice as possible to ensure you get the time you'd prefer.

She is very friendly and efficient and one of her first tasks of the day is to send out courtesy appointment reconfirmations.

Please do take the time to read these carefully as appointment changes made with less than two working days notice will be subject to a charge. If you are unsure of your appointment date and/or time, please don't delay

and drop us an email, or call to check. We are open from 8am Monday - Friday and close at 1pm on Friday for the weekend.

Latecomers please note that treatment may not be completed in the time remaining and you may need to schedule a further appointment for this to be done in order to avoid us running into our next patient's appointment.

We hope you have enjoyed reading about the recent developments at Kew Dental Care.

Until next time, Keep smiling,

David & Naseema

David and Naseema



Smile Update

Welcome to our latest newsletter

We have been busy and in this edition you'll be able to read about the many new developments at our practice over the past few months.

Ali, our dental therapist, will be on maternity leave until October 2017. We wish her and her 'new development' all the very best and look forward to her return.

We have also invested in new technology, a new website and new uniforms so that we remain at the cutting edge of our profession and look good doing it!

We hope you enjoy this edition and welcome any questions or feedback you may have on the articles.



Edited in association with the British Dental Health Foundation

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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Did you know?

In 1994, a prisoner in West Virginia, USA, plaited dental floss to make a rope and escape!

To floss or not to floss?

You may have seen in the news lately that there is a lack of evidence suggesting that flossing is beneficial to your oral health. For some time the recommendation in the UK has been to use inter-dental brushes rather than floss as the evidence for their effectiveness is stronger.

However, if you're flossing, and doing it well, it will cause no harm and it is probably not advisable to give up but you might want to try inter-dental brushes as an alternative.

Dr Nigel Carter OBE, CEO of the Oral Health Foundation says:

"Brushing alone only cleans three of the five surfaces of our teeth, so cleaning between our teeth is a critical part of good oral hygiene as it helps to prevent gum disease by removing plaque from areas the toothbrush alone cannot reach."

Cleaning in between the teeth is particularly important for vulnerable patients, such as the elderly and those with auto-immune disease who are all more susceptible to infections from the bacteria in their mouth.

Please ask your dentist or hygienist at your next appointment as to what is best for your mouth. We will also be able to tell you how effective you are in your cleaning.



Are you ashamed of your teeth?

According to the British Dental Health Foundation nearly half of the UK population (48%) are unhappy with their smile with many of us ashamed to show our teeth in photographs.

If you are one of those people then please do talk to us. We have a strong focus on helping you to keep your smile looking healthy, but we also enjoy helping our patients to get the most from their smile.

There are many things that we can do to help you improve your smile and often, patients are pleasantly surprised at how affordable these smile enhancements can be:

- **Tooth whitening** – a very popular way to brighten up your smile
- **Tooth-coloured fillings** – restorations that look completely natural
- **Bonding** – disguise small imperfections such as chips, cracks and gaps
- **Veneers** – thin layers of porcelain to fit over the teeth to improve colour, shape and position
- **Dental implants** – strong, long-lasting, realistic replacements for missing teeth
- **Teeth straightening** – a wide range of discreet treatment options are available to straighten and realign crooked teeth

If you would like to find out more about smile enhancing treatments, please ask, we'll be happy to help.



Team update

We are delighted that Karim has increased his sessions at Kew Dental Care. He is now with us every Tuesday as well as alternate Wednesdays. This gives him time to treat not only complex surgical and implant cases, but also continue with his restorative and maintenance work on his patients. For those of you who have already met Karim, we're sure you are as excited about seeing more of him as we are.



Dev continues to achieve great results with her orthodontic cases. Patients who have completed their treatment with her are still just as thrilled with their lovely, straight teeth when they come in for their regular maintenance appointments afterwards.

Our ethos has always been that your oral health is our top priority. However, between David, Karim, Dev, Naseema, and Ali, we have clinicians that can work together so that our patients have a healthy, attractive, natural-looking smile from the gums up.

Naturally, we couldn't do this without the support from Michelle at reception and Candice in surgery and at the end of last year, we welcomed our new nurse, Jana, to the practice.

We feel we have a team in place that are welcoming and fun yet extremely professional. It makes coming to work enjoyable and we hope it makes your visits as comfortable and relaxing as possible too.