



NEWSLETTER

Issue 1

News from reception

A warm welcome is afforded to new patients. Your on-going recommendations let us continue to grow. In turn we can invest in technology and other improvements to offer you and yours the very best dental treatment. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with the highest quality of service and care.

We are currently accepting new adult patients onto our Denplan Care waiting list. Please ask Nicola or Sandra for more information.

We would like to thank you for your continued loyalty.

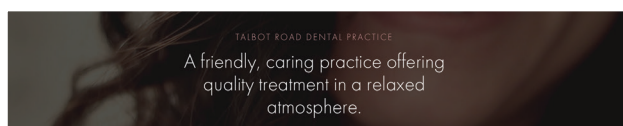
Have you seen our website recently?

It's not just the building that's had an update! We are very excited to launch the new look Talbot Road Dental Practice website. The fresh, easy to navigate new design will give our new and existing patients the chance to learn more about our team and our services.

We would like to take this opportunity to thank the patients who have been kind enough to provide their testimonials. We will be updating the news section of the website regularly with the latest stories, views and advice so please check back often.

We hope you will take this opportunity to have a look around the new website. We would love to hear what you think about it.

You can also find us on Facebook, Twitter and Instagram.



New Decontamination Room

Here at Talbot Road Dental practice we take patients safety very seriously and we work hard to maintain a clean and safe environment for you.

Late last year we completed the installation of a brand new decontamination room.

Have you ever wondered where your dental nurse is going when you see her dashing off with a box in her hands? She's taking the dirty instruments to our dedicated decontamination room where they will be thoroughly cleaned and sterilised in accordance with the Department of Health WHTMO-105 guidelines we adhere to.

This process takes quite a while so the nurses have to be very organised to ensure we never run out of clean instruments! We are very proud of the smooth running of our decontamination room. What takes place in this room effects the running of the whole practice.

Talbot Road Dental Practice

Looking for a whiter smile?

Many patients are nervous when considering teeth whitening. We are very impressed by the Boutique Teeth Whitening System that we have been using for several years. Boutique By Day whitens the teeth with as little as 1 hours use per day. It is designed for people who want great results with minimum wear time. Some features of this product:

- **Highest strength formula for rapid results**
- **pH neutral gels to protect teeth**
- **Integrated potassium nitrate to reduce sensitivity**
- **High water content to keep teeth hydrated**
- **Viscous gels to reduce saliva wash-out**
- **Minimum wear time**

Myth: Whitening will further whiten my crowns and porcelain fillings

Fact: A whitening treatment will only whiten your natural teeth not crowns or porcelain fillings.

Myth: All teeth whitening products are the same

Fact: Teeth whitening products come in a wide variety: whitening kits, whitening trays, whitening toothpaste, whitening strips, and many more. There are many illegal teeth whitening products available, however tooth whitening is the practice of dentistry and should only be carried out by a professional dentist.

Myth: Teeth whitening is painful

Fact: Teeth whitening should not be painful; however, gums and teeth can become sensitive. Most tooth whitening procedures increase teeth sensitivity for twenty-four hours until the teeth become remineralised by saliva.



Fangtastic Halloween!

Our team made a spooktacular effort this Halloween for our little monster patients. Dressed to impress, The Grim Flosser and her ghoulish friends came to work dressed to possess! We had tooth friendly Halloween Treats for all. The children could choose between Frankenstein Apples or Tangerine Pumpkins. We believe that Halloween can be fun without the sugar high.

We also had a Special Offer on childrens toothbrushes-completing the Halloween look with a set of glow in the dark fangs!

Head over to our Facebook, Twitter and Instagram page for some frightening photos of Guts Gregson and the team!



Continuing Professional Development

As registered dental professionals we must keep up to date with our skills and knowledge in order to give the best possible treatment and care for our patients. The whole team regularly trains together. We are grateful to Denplan Simply Health Professionals and the Wales Deanery Dental Postgraduate Department for supporting our learning. This year we will be refreshing our knowledge on a variety of topics including Mouth Cancer, CPR and Smoking Cessation.

We love to share our knowledge too.

In November we joined the campaign to highlight the risk factors and signs and symptoms associated with the disease. Look out for our team #BlueLipSelfie on social media.

The number of people being diagnosed with mouth cancer has grown by around a third in the last decade and remains one of very few cancers which are predicted to increase further in the coming years.

Although risk factors (such as smoking and alcohol) are responsible for many mouth cancers, it is a disease that can affect anyone. That is why it is so important we all know what to look out for.

- **Don't leave a mouth ulcer unattended for more than three weeks.**
- **Don't ignore any unusual lumps or swellings or red and white patches in your mouth.**
- **Regularly check your own mouth, lips, cheeks, head and neck for anything out of the ordinary.**

Please help us by promoting these messages. Perhaps you would like to take your own #BlueLipSelfie ! If you notice anything out of the ordinary, don't hesitate. Book an appointment with us. Quick action is very often life-saving.

If you have a group that would benefit from a free oral health presentation, please let us know.



Pick it, Lick it, Stick it!

We continue to be actively involved in our local community, which is very important to us. Last year, in association with Aberavon RFC, we held a gumshield impression session at the club. We fitted custom made mouthguards for some of the senior team and many junior players. During the visit we also talked to players about healthy drinks for their teeth and the importance of wearing mouthguards. We taught them some first aid for their teeth in case of sports injuries. We have received lots of encouraging feedback from this session.

Once again our Hygienist Viv and dental nurse Angela will be out and about in the local primary schools in April. They will be talking to the Year 4 children about what to do when a tooth is knocked out! Yikes!!!

Talbot Road Dental Practice