

Welcome to our latest practice newsletter

Our aim is to update you on the happenings at the practice as well as featuring procedures to help improve your smile.



Kimbolton Dental Studio

52 High Street
Kimbolton
PE28 0HA

Having a great smile can make a huge difference to the way you look and feel.



If you would like to change the way your smile looks, or simply reverse some of the effects of aging, we can help.

We keep up-to-date with the latest techniques and technology and offer a range of the latest treatments from simple solutions for small imperfections to full smile makeovers. These include straightening, reshaping and lightening teeth and repairing chipped or cracked teeth.

For more details, please ask, we'll be happy to help

Be Mouth Aware

Mouth cancer can affect anyone. Through our lifestyle choices, we can help cut the chances of developing mouth cancer. Here are the risk factors that have been shown to play a major role in contracting the disease:

- ✓Tobacco
- ✓Alcohol
- ✓Poor diet
- ✓HPV

'If in doubt, get checked out'.

Three signs and symptoms not to ignore are:

- Ulcers which don't heal in three weeks
- Red and white patches in the mouth
- Unusual lumps or swelling in the mouth or head and neck area

**If you notice any of these symptoms
tell your dentist immediately**

For more information please visit www.mouthcancer.org

Questions & Answers

I've heard that chewing gum after eating can help prevent fillings. Is this true, and if so how?

As long as it is sugar-free, yes, chewing gum can help maintain a healthy mouth. This is because it helps to boost saliva flow, helping to wash away food remnants, bacteria and plaque, neutralising harmful acids and so helping to reduce decay.

According to gum manufacturers Wrigley's, 80% of dentists now recommend chewing sugar-free gum after meals.

I suffer from cold sores around my mouth. They make me feel self-conscious and are quite uncomfortable. How can I stop them from appearing?

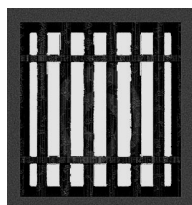
Cold sores are caused by a virus called Herpes Simplex; around six out of ten people carry the virus. The sores themselves can be itchy and painful. Some carriers suffer from cold sores very rarely, others get them regularly. The good news is that you can help prevent them from occurring.

Common reasons for the virus reactivating are tiredness, being run down, and bright sunlight, so try to identify your trigger and then avoid it. Make sure you get enough sleep and have a healthy diet, take multi-vitamins and use a sunblock or lip balm with UV protection. If you do get a cold sore, keep the area soft and moist with petroleum jelly. Tea tree oil can help, but the best treatment is an anti-viral cream, available from chemists. Keep some handy so you can put it on as soon as you feel that tell-tale tingle.

Fun Facts

In 1994, a prison inmate in West Virginia braided dental floss into a rope, scaled the wall and escaped.

We suggest that you use floss to clean between your teeth instead of climbing prison walls!



Elephants grind down their molars and grow new ones.

This happens six times in their lifetime!



Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.

At Kimbolton Dental Studio we really appreciate your continued support.

We are always pleased to see new patients, so if you have any friends, family or neighbours who may be interested in receiving the same kind of quality care, please pass our details on to them.

If you are looking for a more convenient way to pay for your dental care, our Denplan scheme may be of interest to you. Please ask us for more information

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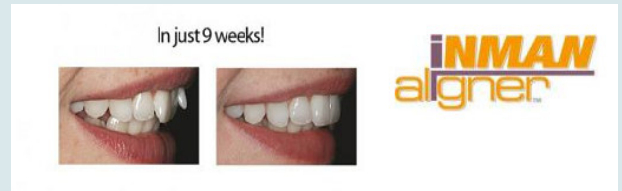
Tel: 01480 860618

Email: reception@kimboltondentalstudio.co.uk

Can I have braces as an adult?

Yes, of course!

It is also easier now than it has ever been with revolutionary treatments that can shorten the length of treatment, the discomfort associated with it and even eliminate the unsightly metal braces that can put people off.



For more details, please ask, we'll be happy to help

Go Online



Keep checking our website for the latest news

www.kimboltondentalstudio.co.uk

You can contact us via the website or find details of our out of hour's service



ORAL HEALTH CARE

TIPS

Do's

- ✓ Brush twice a day with a fluoride toothpaste
- ✓ Clean between your teeth at least once a day (floss or interdental brushes are ideal)
- ✓ Try to keep naturally sweet, acidic and sugary foods and drinks to mealtimes only
- ✓ Attend your regular dental check-ups as recommended
- ✓ Rinse your mouth with water after drinking/eating foods that can stain your teeth

Don'ts

- ✓ Brush your teeth within 30 minutes of consuming acidic food or beverages
- ✓ Use a hard bristled brush or excessive force
- ✓ Smoke

Opening Times

Monday, Tuesday and Thursday 8.30am – 5.00pm
Out of hours, patients experiencing severe difficulty can contact Marco on 07779 662579