



Cotteswold House DentalCare



Autumn Newsletter 2016

At Cotteswold House Dental Care we like to keep our patients up to date with the latest news, not just about the practice but also the latest advances in dentistry and dental care. We plan to release 4 newsletters each year. The benefits of our newsletter include:

- Regular dental health tips
- Information on existing treatments
- Information on new treatments
- Practice Information
- Dental Health Products – from our Dental Shop
- Special Offers

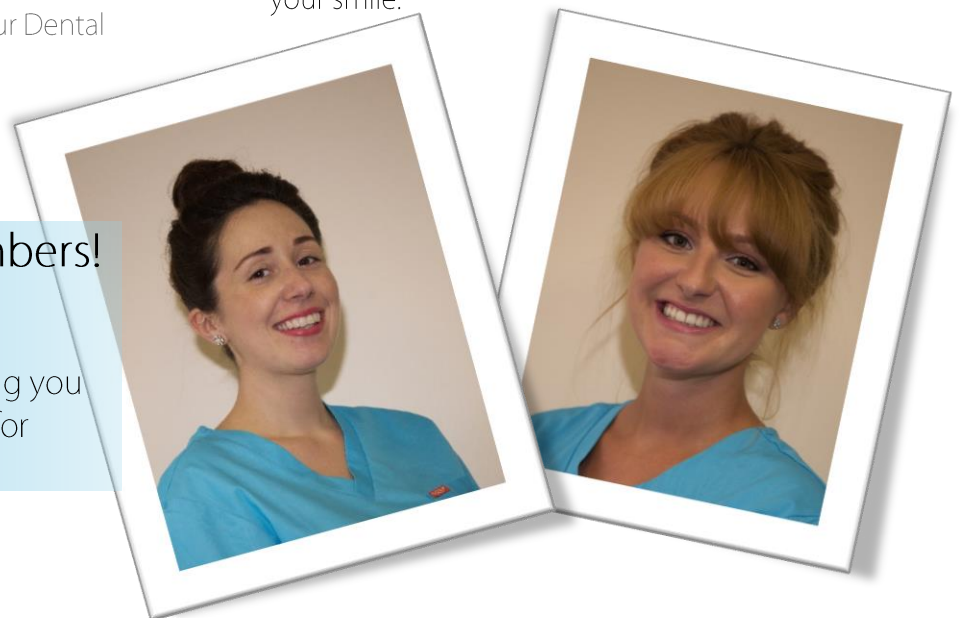
½ price Whitening for members!

All members of our DPAS schemes are eligible for tooth whitening at £110. All top up gels are also ½ price meaning you can keep your smile white and bright for longer!

Welcome Back!

During Autumn we are welcoming back Jessica Carter and Charlotte Bhaiyat to our nursing team, following the birth of Teddy and Connor respectively.

Jess is taking on a new role of a treatment co-ordinator. The idea of this is that she will be a bridge between yourself and the dentists, someone who you will be able to feel comfortable talking to if you have any questions about treatment, or are thinking of ways to improve your smile.



TOP TIPS to improve your dental health

1. **Start children early.** Despite great strides in decay prevention, one in four young children develops signs of tooth decay before they start school. Dental care should begin as soon as a child's first tooth appears, usually around six months. Teeth can be wiped with a clean, damp cloth or a very soft brush
2. **Use Fluoride.** The single biggest advance in oral health has been fluoride, which strengthens enamel, making it less likely to decay. Three out of four Americans drink water that is fluoridated. Many toothpastes and mouth rinses also contain fluoride. Fluoride should be used sparingly in young children — no more than a pea-sized dab on the toothbrush. Too much can cause white spots on teeth.
3. **Brush twice a day and floss daily.** Gum disease and tooth decay remain big problems — and not just for older people. Along with the basic advice, remember: Toothbrushes should be changed 3 to 4 times a year. Some people find it easier to use an electric toothbrush.
4. **Avoid sugary foods.** When bacteria in the mouth break down simple sugars, they produce acids that can erode tooth enamel, opening the door to decay. Sugary drinks, including soft drinks and fruit drinks, pose a special threat because people tend to sip them, raising acid levels over a long



period of time. Fizzy drinks may make matters worse, since carbonation also increases acidity.

5. **Rinse or chew gum after meals.** In addition to brushing and flossing, rinsing your mouth with an antibacterial rinse can help prevent decay and gum problems. Chewing sugar-free gum with Xylitol after a meal can also protect by increasing saliva flow, which naturally washes bacteria away and neutralizes acid.

6. Don't smoke or use smokeless

tobacco. Tobacco stains teeth and significantly increases the risk of gum disease and oral cancer. If you smoke or use chewing tobacco, consider quitting. Counsel your kids not to start.

7. **Eat Smart.** At every age, a healthy diet is essential to healthy teeth and gums. A well-balanced diet of

whole foods — including grains, nuts, fruits and vegetables, and dairy products — will provide all the nutrients you need. Some researchers believe that omega-3 fats, the kind found in fish, may also reduce inflammation, thereby lowering risk of gum disease.

Super Sonic Fillings

SonicFill is the latest in tooth filling technology that allows us to place aesthetically pleasing restoration. The new filling material is ultrasonically vibrated into the tooth which prevents bubbles and gaps from forming. This also increases the speed at which fillings are done which lessens your time in the chair. Besides getting a beautiful filling in a quicker amount of time it also minimizes eliminates sensitivity afterwards. These fillings are hardly detectable once placed.



Cotteswold House is consistently pursuing the latest, most effective technology which is essential to our ability to provide the highest level of patient care. SonicFill is one of the new and exciting technologies that allows our patients to receive a more comfortable, efficient, and positive dental experience.

BIZZARE DENTAL FACTS

- The earliest history of dentistry goes all the way back to 7000 BC, where the Indus Valley Civilization shows evidence of treating tooth decay
- Dr. Washington Sheffield is the first person to put toothpaste in a collapsible tube in 1892. It has been suggested that this version of toothpaste is the most similar to today's version.
- There are almost certainly more mobile phone subscriptions (4.6 Billion) than there are toothbrushes on the planet (3.5 Billion toothbrushes sold annually)



Many orthodontic patients who visit us at Cotteswold House in Gloucester feel distressed about crooked or crowded teeth. As well as harming your self-esteem, orthodontic problems can be detrimental to your oral health, which is why treatment is essential to ensure your smile remains healthy and confident.

People are often put off by the appearance of fixed metal braces, but here at Cotteswold House we offer a discreet alternative solution. Invisalign uses a series of clear, removable aligners to straighten the teeth, so nobody will even notice you're undergoing orthodontic treatment!

During September, we are offering a FREE consultation for you to see how Invisalign can change the appearance of your teeth. [Click here for more information.](#)

OPENING HOURS

Monday: 09:00 – 19:00

Tuesday: 09:00 – 19:30

Wednesday: 09:00 – 17:00

Thursday: 09:00 – 17:00

Friday: 09:00 – 17:00

If you require advice or help outside of these hours, please call us on 01452 524024 for Out of Hours Care

01452524024



appointments@cotteswoldhouse.co.uk



Cotteswold House
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See your new smile
before you start
Invisalign treatment