

Dear Patient

As part of the process of our phased reopening we have now started to offer a limited number of hygiene appointments. We all know that things around us are very different at the moment so we thought we'd let you know how things are changing at the practice particularly when it come to your hygiene visit. You may have seen Lucy or Joanne so you may already be aware of some of the changes.

01384 292666

Current guidelines require us to limit aerosol generating procedures and where an alternative treatment is possible this should be used. Ultrasonic scaling and polishing are aerosol generating procedures, meaning fine particles of saliva may be generated.

For this reason we will be avoiding ultrasonic scaling during maintenance hygiene visits at this present time. We expect this could be for at least 12 months. Instead we will be using hand instruments to remove the hard deposits from your teeth.

Ultrasonic scaling and hand scaling give the same results for treatment and maintenance of gum disease, however, hand scaling takes longer to carry out and can feel different. We are also unable to remove staining in full.

At all times and especially for 2 weeks leading up to your visit we really need you to work on your homecare, thoroughly brushing with an electric toothbrush for at least 2 minutes twice a day **and** cleaning every space between the teeth daily with interdental brushes of different sizes. Remember these brushes need to be a snug fit in all spaces. If you cannot use the interdental brushes the rubber sticks can help get you started. The healthier your gums are prior to your visit the better job we will be able to do removing the hard deposits.

We cannot stress how important this is because it is the mechanical action of brushing that breaks up the biofilm (bacterial plaque) from the gum-line. If the biofilm is left undisturbed it accumulates causing the gums to become inflamed, tender and bleed easily. This is gum disease; the degree will vary from person to person.

We have put oral hygiene information on our website and links to some really useful videos, please take a look at this before your visit.

When your hygienist see's you she will be able to assess the health of your gums by recording the sites in the mouth that are bleeding and where the biofilm is building up. This gives us the opportunity to tailor and personalise the homecare regime you will need to carry out every day and provide a valuable hygiene lesson demonstrating and teaching techniques for plaque removal.

The success for treating and stabilising gum disease depends 80% on the patient's oral care at home and 20% on treatment we do in surgery.

Wall Heath Dental Practice
7 High Street
Wall Heath
West Midlands
DY6 0HA

Tel: 01384 292666
email: info@wallheathdental.co.uk
www.wallheathdental.co.uk

Through excellent homecare you can eliminate any inflammation and bleeding.

In some cases we may need to delay treatment if your cleaning is not good enough, as we will not be able to achieve a successful result if the gums are very inflamed.

Our surgery time is very limited at the moment due to current government guidelines so the availability of appointments is reduced, please give us lots of notice if you are not able to attend your appointment. Thank you for your patience and understanding at this challenging time.

We look forward to welcoming you back.

Joanne and Lucy Thompson