

Practice news:

We recently had our CQC inspection. As many of you will be aware the CQC is the health regulator who inspects all healthcare establishments including hospitals, GP practices and dental practices. We found the visit to be very thorough and are happy with their findings. The two inspectors, one of whom was a dentist, were satisfied we provide a safe, caring, effective and responsive service. We are very grateful to those of you who took the time to write comments and talk to the inspectors on the day. The inspectors noted that the patient feedback was overwhelmingly positive. The report will be made available on our website as soon as it is finalised.

We would like to welcome Rachel to our team. Rachel is a trainee dental nurse who joined the practice in April 2016. She is a naturally caring and dedicated individual who has already developed the skills necessary to be a great dental nurse and has become a valued member of the team.

After 4 years at the practice our nurse Lauren has moved on to a new role. We were sad to see her leave and wish her all the best in the future.

News from the Oral Health Foundation

Spitting is largely considered one of the worst habits a person can have yet that's exactly what a leading health charity is asking all of us to do. "Spit don't rinse" is the message from the Oral Health Foundation as new research reveals many of us could be putting our oral health at risk by making the mistake of rinsing after we brush our teeth. The poll, discovered almost two in three (62%) of us rinse our mouth with water after brushing our teeth, which actually makes us more prone to developing tooth decay.

For further information about how to best look after your teeth please pick up one of our leaflets available in reception or ask your dentist/hygienist.

In The News: EU referendum result

Following the result of the EU referendum we expect our materials costs to rise. We are dependent on European technology and materials mostly from Germany. We choose to use the leading brands of materials which are well researched and provide evidence of their superiority. With a drop in the value of the pound dental wholesalers have already altered their pricing. Materials costs had recently stabilised following the sharp increase in pricing during the 2008 recession.

Services

In addition to regular dental care we offer:

Inhalation sedation (Happy Air) to help you relax

Cosmetic dentistry

Dental Implants

Inman Aligner and Clear Aligners

Hygiene treatments to assist with a cleaner healthier mouth

What's in your toothpaste?

Did you know that toothpaste can be coloured with food additives which are banned from food in the EU? The red and blue colouring commonly found in toothpaste comes from synthetic coal tar dyes known to cause irritability and inattention in children.



For example and the red colour "red 30" CI 73360 is not approved for use in food and commonly appears in tooth paste. Titanium dioxide is a white "colourant" and thought of as safe.

We suggest checking the ingredients and where possible using a plain white toothpaste. We like Janina, and Pronamel/Pronamel for kids, both of which contain the dental decay preventer sodium fluoride but do not contain a further list of unnecessary compounds.

For further information take a look at:

<http://fedup.com.au/factsheets/support-factsheets/toothpaste>



Disabled access

We now have a low level door bell by the front door and the back door. Our back door only has a small step. We have ramps which the receptionist can put out at either door. Please telephone or ring the bell and we will assist you.

New Patients Welcome

We are always happy to welcome new patients and we especially enjoy seeing those who come as referrals from our existing patients. If you have family or friends who could be interested in joining the practice then please pass on our details.

Emergency appointments

Emergency appointments are available everyday. Please ring first thing in the morning or leave a message on the answer phone prior to our opening and we will certainly be able to fit you in. Most commonly the emergency appointments are at 12.15pm and 3.15pm.

Our hours

Please contact our reception team to book an appointment:

Mon	Tues/ Wed/ Fri	Thurs
08:30 to 12:30	08:30 to 12:30	09:30 to 13:30
13:30 to 17:00	13:45 to 17:15	14:30 to 18:00

Telephone: 01384 292666

Email: info@wallheathdental.co.uk