

BROOKLYN HOUSE
DENTAL
SURGERY
"Styling Your Smile"

Brooklyn House

Keeping you informed

Welcome to our first 2010 issue of our patient newsletter, which we will be producing on a regular basis.

Our newsletter will include tips on the best way to care for your teeth and interesting articles on relevant dental health care issues.

We will also take the opportunity to let you know the latest news at the practice.

Opening hours

Monday	8:45am - 5:00pm
Tuesday	8:45am - 5:00pm
Wednesday	8:45am - 5:00pm
Thursday	8:45am - 5:00pm
Friday	8:45am - 5:00pm
Saturday	Implant surgery only

Get your teeth into shape

When you take your next trip to the gym or visit the local swimming pool to keep your body in shape, why not give a thought to how fit your teeth are, as they deserve a workout too.

Did you know?

20% of the population still only brush their teeth once a day. The culprit all round is plaque - a sticky substance which is constantly being formed on the teeth. Plaque contains millions of microscopic bacteria that irritate the gums causing them to bleed and sometimes appear swollen.

Plaque is also the main cause of tooth decay! This occurs when plaque bacteria mix with the sugar we eat and drink to form acid which attacks the tooth's enamel surface.

Did you know?

80% of people rarely or never floss their teeth You could get your body fit on your own without instruction or advice but it wouldn't be a very effective or safe approach. It's the same with your dental health. Look on your dentist as your 'personal trainer' and work together to develop an effective programme for healthy teeth and gums. The responsibility for carrying out a good preventive dental health plan involves both you and us.

Did you know?

60% of the population rarely or never visit a hygienist.



Teeth through the ages

Prevention rather than invasive treatment is what this practice is all about and here we explain the different needs of your teeth throughout your life.

Up to 6 years

As soon as teeth first come through (erupt) at about 3 months, they should be brushed regularly with a soft brush. If your baby is fed from a bottle, it should not contain sweet drinks as this can result in teeth being in contact with sugar for prolonged

By the age of 7, adult teeth should have started to come through. Parents should still brush their children's teeth or at least oversee that they are doing it properly. Ask your dentist or

12 to 18 years

Children should now be mature enough to take responsibility for keeping their own teeth clean. Teeth in this age group are particularly prone to damage caused by sugary drinks bought and drunk between meals. Don't brush your teeth immediately after a drink or meal though - it's better to wait for half an hour or so to allow your saliva to naturally neutralise the acid.

18 to 50 years

Unfortunately nearly all adults have some form of gum disease. There are two main types: gingivitis and periodontitis. Of the two, periodontitis is the more serious because it actually eats away at the jawbone. The first signs of gum disease are swollen and red gums which bleed easily. Eventually, if left untreated, the gums start to recede and if you are not careful you will lose teeth. To reduce the chance of serious gum disease you should brush gently and regularly as well as floss - and, of course, see your dentist regularly for maintenance.

50 plus

Some teeth may show signs of damage because they have been worn down by constant or over brushing. Continue to avoid sugary sweets and drinks and flossing is even more important from now on.

By following a programme of prevention your teeth should last much longer. They should also give you much less trouble and with a little care and attention you should be able to keep all your teeth, all of your life. Ask how Denplan can help your programme of prevention. It's well worth a little extra effort!

Appointments

We encourage you to visit the practice regularly and you can book your next appointment before you leave. If you are unable to keep an appointment please let us know at least 24 hours in advance to avoid a charge.

If you would like to make your next appointment our dental receptionists are available by phone or in person throughout the day. They can help you with any queries relating to your care and treatment, to arrange appointments or to help with any administration.

The practice

We thought we would use this opportunity to update you on what has happened at the practice. The Builders have completed our new extension to the practice, we would like to thank-you for your patience during the recent period, We now have a brand new ground floor state of the art Surgery, for new mum lizette Moolman who has recently returned to the practice on a part time basis, this new additional surgery now means that we can provide the services of a Hygienist and Therapist five days per week to enable us to enhance on the best possible prevention care to our patients.

A belated warm welcome to our new additional Hygienist/Therapist Miss Chloe Brotherhood, Chloe qualified at Edinburgh, and she is a great asset to the practice. We also now have a state of the art central sterilisation room, of which all instruments are processed for all of the practice, the envy of all dental practioners in Norfolk!, and in addition, we have a ground floor WC, and a brand new kitchen and staff area.

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33, Norwich Road
Fakenham
NR21 8AU