

Woodside Dental Practice

417 Great Northern Road
Woodside
Aberdeen, AB24 2EU
01224 524444
woodsidepractice@btconnect.com

Principal: Jonathan McLean
Associates: John Cameron
Judith Doherty
Beatriz Tejada
Hygienist: Lindsey Levey



Woodside Dental Practice News Issue 2010/11



Welcome to the first edition of the Woodside Dental Practice Newsletter. We aim to provide you with helpful hints and tips about how best to maintain a sparkling smile and prevent decay and gum disease. We also aim to keep you up to date with practice improvements and developments, as well as keep you informed about current dental health issues. If you would like to speak to a member of our staff or make an appointment please contact us on **01224 524444**

We look forward to seeing you again soon
Jonathan McLean and the Woodside Team

Practice News

Investing in you by investing in us - new equipment

The practice have recently invested in new computers and software. This software helps us make the administrative aspect of your visit to the practice as smooth as possible. In addition to this we recently installed a digital x-ray system. The digital images, which look similar to traditional x-rays, can be enlarged and manipulated, which gives our dentists a better feel for what's going on inside your mouth.

It is hoped that patients can more easily understand treatment recommendations as they get a good look at the problem blown up on the screen in front of them, rather than having to squint at a postage-stamp-size shot held up to the light! A new Local Decontamination Unit (LDU) was installed in September 2010 in line with new regulations set out by the Scottish Health Planning Note 13, Part 2 (SHPN 13 Part 2).

The creation of an LDU will improve the already high standard of decontamination procedures currently in place in the practice. It will see the introduction of washer disinfectors along with new ultrasonic baths and autoclaves. These will all be housed in a state of the art decontamination room, located in the upper floor of the practice. Our experienced nurses will take charge of running this facility.

Staff News

Congratulations to Lindsey, our hygienist, who recently got married to Gavin Levey in Dornoch, Sutherland. She made a beautiful bride and a wonderful day was had by all who attended.

Congratulations to our newly qualified nurses, Tracey Cook and Lisa Uren, who recently gained their certificate from the National Examining Board For Dental Nurses.

We would like to welcome Mr John Cameron BDS to the practice. Mr Cameron qualified from Dundee University in 2006 and has since gained a wealth of experience through working in both Arbroath

and Broughty Ferry dental practices. He recently returned to Aberdeen, his home town, to join Woodside Dental Practice in June 2010. We would like to extend our best wishes to Mr Khaled Nassar BDS who has moved on from Woodside Dental Practice.



Tooth loss or floss?

Flossing is an important means of preventing tooth decay and gum disease. It removes trapped food particles between the teeth and this along with using a toothbrush ensures that your teeth are clean and protected against gum disease. Not flossing means that nearly 50% of your teeth aren't being cleaned. That's a high percentage of your teeth which can be avoided if you floss.

Flossing and tooth decay

Tooth decay is caused when the residue of sugars and starches from the food you eat combines with bacteria in your mouth to form plaque. This plaque releases acids, which attack tooth enamel, resulting in a hole or 'cavity'.

Brushing and flossing your teeth after every meal will remove these deposits and so prevent plaque from forming. Plaque forms on your teeth on a constant basis which means that you need to clean them regularly.

Plaque and gum disease

As well as causing tooth decay a build up of plaque can lead to gum disease. If plaque is not removed it hardens and turns into a substance called 'tartar'. This tartar then releases toxins into the gums and causes them to become swollen and inflamed. The gums then start to 'pull away' from the teeth and become open to infection. This infection attacks the healthy bone surrounding the teeth and causes it to shrink. This results in highly sensitive teeth which become loose and liable to fall out.

Gum disease is a very common disease in adults, and if caught early, can be reversed. There are two types of gum disease; gingivitis and periodontitis.

Gingivitis is the milder form of gum disease and is characterised by red, swollen gums which may bleed if they come into contact with a toothbrush. This condition can be reversed if treated at an early stage. **Periodontitis** is an advanced form of gum disease in which the gums start to recede, leaving a small area of space around each tooth. Plaque becomes trapped in those spaces and further increases this irritation.

Why you should floss?

Flossing is the only way of preventing gum disease from developing between your teeth. Flossing does not take long to do and can form part of your normal daily routine. If you clean your teeth in the morning and last thing at night then include flossing as well. Dental floss is inexpensive and costs much less than dental treatment for gum disease and tooth decay. Just ask us for any help or advice about how to floss your teeth.



Are you aware of all our treatments and services?

To help you achieve and maintain your smile we offer:

- Regular preventive check-ups and advice
- Dental hygienist care when required
- Dental implants
- Bridges
- Crowns
- Veneers
- Tooth whitening
- Restoration of broken or damaged teeth
- White fillings
- Root canal treatment
- Emergency care
- Late night opening Tuesday & Wednesday
- Denplan Essentials, a dental payment plan

Opening Hours

Monday	8.30am	5.00pm
Tuesday	8.30am	6.30pm
Wednesday	8.30am	6.30pm
Thursday	8.30am	5.00pm
Friday	8.30am	2.00pm



Eco friendly and convenient

We are now able to offer a text message reminder service to help ensure that you do not forget your appointment with us.

If you would like to receive text message or e-mail reminders please provide the reception staff with your mobile telephone number or e-mail address.

Woodside Dental Practice is also trying to become a more environmentally friendly practice. In line with this we would also like to extend the opportunity for you to receive reminders regarding your six monthly check-up by email/text rather than letter. If you would like to receive email/text reminders please leave your email address with the reception staff.

MSS360 09-10