



September 2017

## Bellegrove Dental Surgery

201 Bellegrove Road,  
Welling,  
Kent, DA16 3RA

020 8856 0963

[enquiries@bellegrove-dental.co.uk](mailto:enquiries@bellegrove-dental.co.uk)

### OPENING TIMES

Mon	8.30am – 5.00pm
Tue	8.30am – 8.00pm
Wed	8.30am – 8.00pm
Thu	8.30am – 5.00pm
Fri	8.30am – 5.00pm
Sat	8.30am - 1.00pm

### SERVICES

Dental Implants  
Dental Examinations  
Fillings and White Fillings  
Root Canal Treatment  
Crowns and Bridges  
Emergency Dental  
Treatment  
Tooth Whitening  
Extractions  
Dentures  
Gum Disease Treatment

Our quarterly newsletter is designed to keep you up to date with what's happening with our practice and we will be focusing on various topics throughout the year.

#### **CQC inspection**

We are delighted to inform all are patients that we have recently had are Care Quality Commission (CQC) .The practice did very well and inspectors were pleased by the standard of service delivered by our dedicated team. Details of the full inspection full report on are website or via link below:

<http://www.cqc.org.uk/location/1-188319394>

#### **Staff News**

We would like congratulate Karen King as she has just celebrated 30 years at Bellegrove surgery .This a huge achievement and am sure her patients will join us all in congratulating Karen.

#### **Time Keeping**

We have listened to your comments and continue to reorganise our appointment book so that we do not waste any of your valuable time.

Unfortunately sometimes dentists running late is not always within our control. When an emergency patient attends with an abscess, lost crown or broken filling we often have no idea how long treatment may take. Even a routine treatment may take longer to complete than was originally planned, so occasionally we will run over, as we want to do our best for every patient. We always see anyone in pain as soon as possible, this sometimes mean running late but for the patient in great pain it is a blessing.

#### **Implants**

We all know that a smile says a lot about a person but did you know that even having a single missing tooth can affect the way the rest of your teeth bite together. If lots of your teeth are missing, your facial muscles can 'sag', affecting your speech, as well as your appearance.

In some cases a dental implant can be considered to be the most predictable way of replacing either a single tooth, several teeth or even the whole mouth. At Bellegrove surgery we use the most up to date systems and techniques to bring you success rates of 98%.

**Step 1** Consultation

**Step 2** CT Scan

**Step 3** Treatment plan

We have many patients coming to us having been told they are unsuitable for implant treatment due to a lack of bone. At Bellegrove surgery we have at our disposal, bone grafting which is often not

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needed. Mr Mc Connell has been placing implants since 1991. Our Implant co-ordinator Lizzie is also available to help as well as Karen and Kelly, our specialist nurses.

Rest assured, at Bellegrove surgery, you are in safe hands.

If you are interested in booking a consultation with Mr Mc Connell, please speak to your dentist first and he can advise you.

### Dry Mouth

If we don't produce enough saliva, our mouth can get dry and uncomfortable. Dry mouth can occur as we grow older as our saliva production tends to slow down. In addition, some medicines and medical conditions can cause dry mouth as a side effect.



Saliva is a natural cleanser and healer and plays an important role in our dental health. It can help to neutralise acids, prevent bacteria sticking to teeth, counteract infections and remineralise tooth enamel. There are ways to relieve dry mouth; sipping water, sucking sugar-free sweets can all help in the short-term. There are also artificial treatments available. If you suffer from dry mouth you will have a higher risk of dental decay, gum disease, ulcers, bad breath and erosion. Please visit us regularly so we can keep a close eye on your teeth and gums and offer you advice about managing the condition.

### Children Welcome

We recommend bringing your child to see us from 12 to 18 months old, or as soon as the front teeth erupt. This allows us to identify any dietary or dental problems very early on and can prevent more complex procedures later. Attending from an early age helps children become comfortable with the environment and get to know our child friendly team.



Our spacious waiting room is well-equipped with a books and a colouring. Amber always makes sure there is colouring available for our little ones to entertain them on visits.

Small children can lie back on their parent in the chair until they feel able to sit on their own, or they can sit on parent's lap – we are very flexible. We can offer advice on diet, tooth brushing, toothpaste and preventive treatments available.

If your child is prone to decay, we offer fluoride varnish applications to help protect their teeth. At our practice children receive FREE NHS dental treatment until the age of 18 (or 19 if in full time education).