



January 2018

Bellegrove Dental Surgery

201 Bellegrove Road,
Welling,
Kent, DA16 3RA

020 8856 0963

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.

Product of the Month - Electric Toothbrushes

Oral-B Electric Toothbrushes deliver up to 48,800 movements per minute and sweep away more plaque, clean better between teeth and help you to take care of your gums. Oral-B electric toothbrushes use clinically proven superior oscillating-rotating-pulsating technology. The dentist inspired design cups each tooth, allowing for the removal of plaque from hard-to-reach areas. Read more from Oral-B Institute on the benefits of electric toothbrushes.



Effectiveness

An electric toothbrush operates by rotating, oscillating or vibrating without requiring any action on your part other than to turn it on. Round cleans better for healthier gums. Oral B's rounded brush head surrounds each tooth to gently remove up to 100% more plaque along the gum line. It's a superior clean you just don't get from a regular manual toothbrush.

11 Tips for better brushing

- The average person only brushes 45 to 70 seconds a day. The recommended amount of time is at least 2 minutes or 120 seconds, twice a day.
- Brushing with the right technique ensures you remove plaque effectively.
- Electric toothbrushes can remove up to 100% more plaque from the gum line than a regular manual toothbrush.
- Brushing gently ensures that you do not damage your gums. Brushing harder and faster is not the answer to improve your oral health.
- Make sure you brush all areas of the mouth for better oral health. This includes all sides of the teeth and the tongue as well.
- Toothbrushes with soft bristles remove plaque effectively and are gentle to the gums.
- Vigorous brushing can do more harm than good, use gentle pressure when brushing.

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- Pay attention to all teeth when brushing, do not focus purely on the more visible teeth at the front of the mouth.
- Electric toothbrushes can offer different cleaning modes suited to different oral hygiene routines, adjusting brush head motion and speed to provide a better and more suitable clean.
- Use a fluoride based toothpaste to help ensure the teeth remain healthy and the enamel is strong.
- Do not rinse your mouth out after brushing. Spit out excess toothpaste but avoid rinsing as this keeps your mouth feeling cleaner and fresher for longer

****The Oral B 650 pro is available to purchase for £24.99 at reception(subject to availability)****

Ultimately failing to clean your teeth whatever the reason will likely leave you with weak teeth and gums which will in time cause you pain, with inflamed and bleeding gums.

Staff News

We would like to welcome Pauline and Gina who are new members to our team that have years of experience between them. Lizzie, our Clinical Manager has just celebrated 10 years of service with us- Congratulations Lizzie! Our Dental Nurse Leanna has completed her apprenticeship and joins our GDC registered team. We are also especially proud of her because she won apprentice of year 2017 at her college so again a huge well done!

We do have surveys in our waiting room and welcome any feedback from our patients. If you can spare any of your time please fill one out and drop it into the survey box. Sarah does feedback to team on a regular basis.

Failed Appointments at Bellegrove Surgery in 2017

A huge number of appointments are not attended at our surgery on a daily basis. These are appointments that can be offered to other patients perhaps even a patient in pain. We do offer a text service so why not let the reception know your mobile number and let us send you a reminder.

Jan	71	July	50
Feb	68	August	73
March	63	September	77
April	70	October	77
May	100	November	60
June	65	December	77

