



April 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.

#### Staff News

We would like to start by bidding a fond farewell to our Practice Manager, Sarah Miller who has worked for our practice for a staggering 34 years. She is leaving us for a year so we hope to see her back soon. Karen and Elizabeth will be sharing the role of Practice Manager during her time off.

For those of you who already know Sarah I know you will also wish her well.

We would also like to welcome Sharon to our practice she has over 20 years' experience and brings a huge amount of knowledge and is a valued member to our team.

#### Bellegrove In the community!

For years Bellegrove nurses and dentists have been helping the community young and old. We have recently visited a few local schools educating younger children most recently St Stephens Primary School and St Fidelis Catholic Primary School. Our team demonstrate and talk about how to maintain oral hygiene and make visits fun and interactive!



Thank you to our patients for sparing loose change we were able to donate this to the local Bexley & Greenwich hospice £112.85!! Also 8 members of our team( Lizzie, Leanna, Emma, Pauline, ,Suki, Sharon, Kelly and Jodie)will be taking part in 10k Race for life in Blackheath on 1st July 2018 raising money for Cancer research.

I am sure you will agree this a worthy cause that unfortunately affects most people, family or friends.

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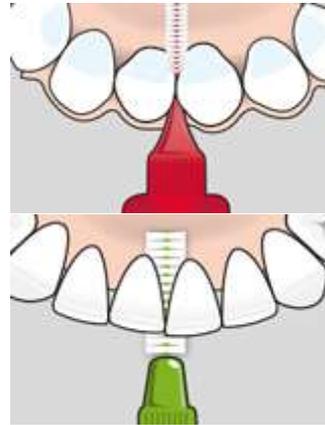
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## Product of the Month - TePe Interdental Brushes

Make it a daily routine to brush between your teeth with an interdental brush to keep your teeth healthy and to prevent gum disease and caries. Interdental brushes are also used for cleaning of implants and orthodontic appliances.

### Use between the front teeth



Use a straight interdental brush between the front teeth. Insert the brush gently between your teeth. Do not force the brush into a space; work it in gently or choose a smaller size. Move the interdental brush full length back and forth a few times.

### Use between the back teeth



If you use a **small interdental brush (pink, orange, red or blue)** you may curve the soft neck slightly by adding pressure with your finger to make it easier to reach between the back teeth.

### Use between the back teeth



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If you use **an interdental brush of a larger size**, access between the back teeth may be improved if you slightly curve the wire. The interdental brush will last longer if you do not straighten or bend the brush at another angle.

### Choose the right size

For optimal cleaning, it is important to choose an interdental brush of the right size. Very often more than one brush size is needed. Your dental professional can help to select the correct brush size/sizes for you.

Use your interdental brush once a day, preferably in the evening. Move the brush back and forth a few times in each interdental space. Look in the mirror for easier use.

Change brush when the filaments are becoming worn.

Original	Pink	Orange	Red	Blue	Yellow	Green	Purple	Grey	Black
Extra soft									
Angle									
Colour	Pink	Orange	Red	Blue	Yellow	Green	Purple	Grey	Black
Brush size (D-D)	0	1	2	3	4	5	6	7	7
Wire size (mm)	0.4	0.45	0.5	0.6	0.7	0.8	1.1	1.3	1.6

### DIY whitening using charcoal and/or lemons



You may be misled to believe that using natural products such as charcoal and/or lemons is a 'healthy' alternative to professional tooth whitening treatments. However both charcoal and lemons can seriously damage your teeth.

If you want teeth whitening we provide this service ask the dentist or any of our staff and they can give you more information which is non-invasive and is completely safe.

### Did you know?

Most of us know that soda is bad for our teeth, but did you know some fruit can be just as damaging? Strawberries, blackberries, grapes, pomegranates, and fruit jellies and jams all have a high level of acidity. Acidic foods do not cause significant harm to the teeth, but they can temporarily weaken or soften the enamel if they are too consistent in your diet.

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## SIGNS OF ACID EROSION

Acid erosion can become a problem as time passes, which is why it is important to visit your dentist regularly. When tooth enamel is softened, there is an increased risk for it to be brushed or worn away over time. Here are some of the most common signs of acid erosion:

- A change in the shape, texture, or appearance of the teeth
- Loss of brightness
- Transparency
- Tooth sensitivity
- Discoloration
- Dents on the chewing surface

If you are experiencing any of these symptoms, be sure to visit your dentist for treatment. The earlier acid erosion is detected, the better.

## HOW TO AVOID ACID EROSION

Since your enamel will be softest right after consuming acidic foods and drinks, you should wait at least an hour before brushing your teeth, or consider brushing before you eat. You should also avoid swishing acidic drinks, like soda and lemonade, in your mouth. Since the way you drink has more of an effect on the teeth than the amount you drink, consider drinking these beverages through a straw. The goal is to have as little acidic contact with the teeth as possible.

## WHICH FOODS ARE HIGHLY ACIDIC?

When it comes to acidic foods, moderation is key. Pay attention to the way your teeth look and feel after eating or drinking something acidic. If sensitivity develops, take a break from highly acidic foods. Refer to the following list to learn which foods and drinks are more acidic than others.

### Highly Acidic

Food: blackberries, blueberries, cherries, grapes, cranberries, grapefruit, limes, lemons, pineapples, raspberries, strawberries, pomegranates, lemon juice, pickles, salad dressings, vinegar

Drinks: apple cider, apple juice, cranberry juice, grapefruit juice

### Medium Acidity

Food: apples, figs, apricots, nectarines, mangos, oranges, peaches, pears, tomatoes, green olives, pesto, raisins, honey

Drinks: Buttermilk, orange juice, red and white wine

### No/Low Acidity

Food: rye, wheat, and white bread; cheddar and parmesan cheese; barley; beans; artichokes; asparagus; avocado; broccoli; cabbage; cauliflower; carrots; celery; corn; cucumber; eggplant; yams; zucchini; black olives; peanut butter

Drinks: milk, mineral water