



BELLE GROVE
dental surgery

Jan 2019

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 focuses on various topics throughout the year.

Firstly, we would like to welcome Lynsey to the team. She has over 20 years' experience and vast knowledge. She has just recently got the whole team involved in Mouth Cancer awareness in November and lots of information is available in the waiting room.



How much sugar should a child eat a day?

These numbers average out to about 6–9 teaspoons, or 25–37.5 grams, of sugar a day. Then, in 2016 the AHA took it a step further, stating that children and teens (ages 2–18) should limit their added sugars to less than 6 teaspoons per day and no more than 8 fl oz of sugary beverages per week.



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How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes. Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

Tooth brushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush or supervise tooth brushing.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.



Smear of toothpaste

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Brushing should be supervised by a parent or carer.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

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Pea-sized blob of toothpaste

Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

PERIODONTAL DISEASE (GUM DISEASE) CAUSES & SYMPTOMS

Before we launch into the science of gum disease, it's important to know that, despite it being one of the most wide-spread diseases across the world, it is preventable and can be easily treated when it is found early enough.

Periodontal disease, another name for gum disease is caused by bacteria that collects at the gum line as dental plaque. The plaque needs to be removed by brushing and cleaning between the teeth twice a day. If not properly cleaned, the gum starts to come away from the tooth, forming pockets and the plaque grows down below the gum line. Over time, the bone that supports the teeth is destroyed, the gums shrink and eventually the teeth become wobbly and fall out. That's the science.



We have arrange of products in the practice that can help keep your cleaning under control. We are happy for any of our patients to bring in their brushes so we can go through oral hygiene.