

Newsletter Autumn/Winter 2023



Welcome to our latest newsletter. Here at Stalybridge Dental Care, we are digging out the warmer clothes and getting used to the normal routine of children being back at school.

Regarding our team, Natalie will be continuing her lead receptionist role and Hannah her lead nurse role. In addition to this, Emelia, who has recently joined us, will be starting her apprenticeship at college.

Oral hygiene products



If you have been advised by the dentist or hygienist to use inter-dental Tepe brushes, do remember to buy enough to last you for a while when you come to reception. Often the types and sizes are not available in shops and we always have the full range to purchase at the practice.

We are often asked about which type of toothbrush we recommend. While you can do a good brush with a manual toothbrush, electric brushes do make it easier and we sell one type of electric brush at reception. This one is an OralB which has plenty of evidence of effectiveness and, while it is not top of the range, is the minimum standard type that we would recommend. Please chat to reception for further information.

We are also regularly asked about types of toothpaste. Our only recommendation here is that it contains fluoride at a level of at least 1350ppm (this figure can be found on the outside of the tube but most “normal” toothpastes have 1450ppm).



Otherwise, you should just find a type that you like the taste/consistency of and feels right for you. People with sensitive teeth tend to try different types of sensitive toothpaste and find that a particular type works best for them. Whitening toothpastes do not have any appreciative whitening effect and to whiten you would need to discuss a course of proper tooth whitening with the dentist (please do not use bleaching products bought online or at beauty clinics as these are illegal and potentially dangerous).

Tooth brushing technique

The aim of tooth brushing is to physically remove all the plaque/food debris off every surface of every tooth. At the same time toothpaste will be applied to the teeth so that the fluoride in the toothpaste can strengthen them.

The way that you actually brush is less important than the fact that you are **thorough** i.e. brush all the tooth surfaces and gum margins very well every time.

The easiest way to be thorough with your tooth brushing is:

Know how long two minutes is! This is the minimum time needed to thoroughly brush all the teeth (but many people will need longer than this). It may be helpful to time yourself while brushing initially to get used to the time required unless you have an electric brush with a built-in timer.



Have a set routine for the way that you brush and brush this way every time so that you don't miss anywhere. We often find that people miss the inside of their lower back teeth because it is the most awkward area to reach. Therefore, we recommend that you start brushing in that area so that you make sure that it is done well before moving on to the rest of the mouth.

After brushing, just **spit out the toothpaste without rinsing**. This allows the toothpaste to stay around the teeth for a prolonged period to help strengthen the teeth.

New patients

We are now accepting a limited number of new patients again. If you know anyone who is interested in being a long-term practice member then there is now an expression of interest form to complete on the website in order to give us the information required. You can also mention them directly to reception if that is easier.

We look forward to seeing you at the practice soon.

The Stalybridge Dental Care Team.