

Newsletter



2024/2025

Welcome to our Winter 2024/2025 newsletter. We hope everyone has had a wonderful Christmas and New Year and we are looking forward to seeing what 2025 brings!



Wisdom Teeth

The wisdom teeth are the last teeth to erupt. They usually appear between ages 17 to 25, although sometimes they appear many years later. People often have jaws that are too small for all 32 teeth to fit. If there is enough room they will usually come through into a normal position and cause no more problems than any other tooth. If there is not enough room, the wisdom tooth may try to come through, but will get stuck against the tooth in front of it. The wisdom tooth will be at an angle, and will be described as 'impacted'. If part of the wisdom tooth has appeared through the gum and part of it is still covered, the gum may become sore and perhaps swollen. This is called 'pericoronitis'. Bacteria and bits of food can collect under the gum edge, and it will be difficult to clean the area properly. This is a temporary problem that can be dealt with by using mouthwashes, special cleaning methods and possibly antibiotics. If the problem keeps coming back, it may be better to have the tooth removed.



Valentine's Day

While a healthy smile can be beneficial for attraction, the opposite can be said of poorer oral health. A new poll by The British Dental Health Foundation has revealed our partner's biggest smiles crimes, with men named as the guiltiest culprits of bad oral health habits. Respondents cited 'food stuck between the teeth' as their greatest turn-off ahead of the most romantic day of the year, claiming 40% of the overall vote. Bad breath (24%), stained teeth (21%) and not brushing twice a day (16%) made up the remainder of our partner faux pas. Brushing your teeth last thing at night and on at least one other time during the day with a fluoride toothpaste, cutting down on how often you have sugary foods and drinks and visiting your dentist as often as they recommend, are the most important ways to look after your mouth.



Dental Sundries

Did you know that we have a wide range of dental products available to purchase at the practice? Many types of specialist brushes are not easy to find in the shops, especially interdental Tepe brushes of the correct type and size. It is really important to use the appropriate type (short straight ones or ones with a handle) and size (different colours) so that you can effectively clean between your teeth. We suggest that you stick to the exact recommendations of the dentist with these brushes so please purchase enough of them to last until your next exam appointment or pop in in-between your appointments if required. We also have a variety of other toothbrushes, from baby toothbrushes to electric toothbrushes.

