

December 2016



Dear patient it's time to sparkle!

Hope this letter finds you well.

Wow - it's Christmas already and once again we're writing our annual Christmas greeting to you. It feels great that the magic dressings are up again in our favourite London neighbourhoods. The decorations and festive mood are very welcome after this crazy year! Do we want another one of these ever again?

Dental world goes CAD/CAM

Flavour of the year in the dental world has been CAD/CAM. This is very noticeable if you look at the number of courses on display. Computer aided design and manufacturing is already utilized by the dental laboratories that produce the crowns and bridges, bleaching trays, bite guards and orthodontic appliances you are wearing. However, I don't expect impression materials will become obsolete tomorrow. The technology is being used, but still very expensive and not always user friendly. We're watching developments to understand how we can stay first class with our products and services.

Please floss

In 2016, we were (temporarily) advised by the ADA (American Dental Association): "Do not floss! It doesn't do you any good". It was funny to observe how many patients picked up this advice from the press and asked me: And now what?? The ADA has since retracted that advice, to state that flossing/interdentally cleaning your teeth is an important oral hygiene practice. Tooth decay and gum disease can develop when plaque is allowed to build up along the gum line. Professional cleaning, tooth brushing for 2 minutes twice a day with fluoride toothpaste and cleaning between your teeth with another device such as interdental brushes/toothpicks of some kind or in some instances FLOSS is still the recommendation. So please don't get rid of the floss yet. Take care of your teeth and your teeth will take care of you.

Did you know? ADA started to promote flossing in 1908. The dentist called Levis Spear Parmly invented flossing in the early part of 1800. Floss was patented in 1874.

It's a digital world

In June this year, we started to use a new patient information management program. This means all our notes will now be stored electronically. It has been a little bit of an uphill struggle but we are now finding it much easier. All the bookings are also done electronically. As you will notice, recalls are sent out to most of you via email and once an appointment is booked you will receive a reminder on your mobile phone two days before your appointment is due. If you click on the address of this reminder it will take you straight to a Google map making it easier to find us on Devonshire Street.

As in any other business, audits, quality control and assurance are now part of everyday life. It is very time consuming but the CQC (Care Quality Commission) is breathing down our neck and keeping us on our toes. Please bear with us if we ask you to fill in any forms/surveys that are related to good practice schemes. This is now mandatory for us as a dental practice. Business comments/testimonials are of course more than welcome.

Christmas presents

Have you done your Christmas shopping yet? Why not give away a bleaching treatment to put a smile all around you or a snoring guard – a gift that will make your and your partner's night's rest so much more pleasurable.

The surgery will be closed over Christmas from 23 December to 3 January 2017 when we are back for the 31st year running!! In case of emergency during the break, please consult the website.

May we take this opportunity to **thank you** so much for your continued support.

We are delighted to help you with anything concerning your mouth/teeth whether it might be pain or a simple filling, crown and bridge, scale and polish or root fillings, the list is long.... or just to put that little extra sparkle into your SMILE!

For appointments call 020 7637 1339



**We wish you a Happy Christmas
and a prosperous 2017**

Gunilla Assmundson and Toni