



COACH HOUSE
DENTAL PRACTICE

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Welcome to our third ezine!



Taking your teeth on holiday?



There is always an extra long list of 'things to do' before going on holiday – cancel the newspapers, take the dog/cat to the kennels, etc., etc., etc. – but how many of us include 'check teeth are OK'? However, you'll wish you had if you end up with toothache that prevents you enjoying the holiday you spent months saving and planning for!

PROUD OF OUR PRACTICE AND OUR STAFF

Our practice was recently visited by an inspector from the Care Quality Commission (CQC). The CQC's purpose is to regulate, inspect and review all adult social care services in the public, private and voluntary sectors in England. Our 'Review of Compliance' was one of the first to be carried out in the area but it is something that all dental practices in England will have to undergo.

We are delighted to report that we were found to be compliant in all outcomes – achieving the highest level possible – following a thorough assessment of our policies, protocols and records, as well as interviews with staff and patients. Areas assessed included such things as the care and welfare of people using our services, the involvement of patients in their treatment planning, as well as our decontamination procedures and overall cleanliness. We are particularly grateful to the patients who spoke so highly of our service and to our clinical, nursing and administrative staff for their dedicated approach to delivering outstanding patient care.

The full report can be found by visiting www.cqc.org.uk, clicking on the 'Dentists' tab and entering our postcode, GU16 7HT, where asked. Clicking on 'Coach House Dental Practice Limited' will open up a summary of the CQC's findings along with a link to their full report.



MAKE SURE YOUR TEETH ARE TRAVEL FIT!

We all know that loose fillings and cavities caused by dental decay can cause discomfort, but did you know that changes in air pressure when flying, can instigate and exacerbate pain? It's recommended to arrange a routine dental health check before you leave to make sure that all is well. If your holiday plans include flying within a few days of seeing your dentist, let them know. That way they will know not to carry out any procedures that can make teeth sensitive to changes in air pressure.

If you are aware of any major dental treatment that needs to be carried out (e.g. root canal treatment or wisdom tooth extractions), it's a good idea to have these carried out about a month before, but at the very least, two weeks before going on holiday. This gives the tissue time to heal before being exposed to changes in air pressure which can cause pain in recent dental work.

Peace of mind

Why not relax on holiday knowing that if a dental emergency should arise, you can seek dental help without worrying about the costs involved? As a member of our Coach House Maintenance Plan, you would simply contact a local dentist wherever you are, pay the charges necessary to relieve the immediate pain and collect a receipted invoice. Upon your return home, you would be reimbursed for the monies paid, less a small excess. To find out more about this and other benefits of our maintenance plans, contact the practice on 01276 24425 or speak to your dentist at your next visit.

False economy

The British Dental Health Foundation (BDHF) are warning that the current economic climate is having a negative impact on the nation's dental health. These warnings have been prompted by their survey which shows that over a third of adults are delaying treatment and over a quarter are visiting their dentist less often.

Dr Nigel Carter (Chief Executive of the BDHF) states, 'Our findings show that oral health is not recession-proof and that too many people are willing to gamble with their oral health. Unfortunately, they are running the risk of storing up a wide range of health problems and even bigger costs in the future'.

Our advice would always be to protect your health by visiting your dentist and hygienist regularly. If you are worried about costs, why not consider our monthly maintenance plans which offer discounts on treatment. Alternatively, your dentist will be happy to prioritise any necessary treatment and will work with you to make it affordable.



The earliest dentist known by name is Hesi-Re. He lived in Egypt over 5000 years ago.



A snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth!



People who drink three or more glasses of fizzy drinks per day have 62% more tooth decay, fillings and tooth loss than others.