



Newsletter



Issue 8 Spring/Summer 2012

Welcome to the next edition of our practice newsletter. As well as keeping you informed of any changes happening at the practice, there is also some helpful information on some of the services we offer.

CLAPA awareness week 2012



Cleft Lip and Palate Awareness Week 12th- 19th May

Established in 1979, the Cleft Lip and Palate Association is the only UK charity providing vital support and advice for all those born with or affected by a cleft lip and palate. CLAPA is a small charity which receives no government funding and is entirely staffed by volunteers.

With one child in every 700 being born in the UK with a cleft lip and/or palate (about 1,000 per year) we feel this is a very worthwhile cause which is why The Old Malt House Dental Practice has chosen to support CLAPA.

A cleft lip is a notch or gap in the upper lip and a cleft palate is a split in the palate. During pregnancy, separate areas of the face and head develop individually and then join together. If the areas around the lips and the palate do not join properly the result is a cleft lip and/or cleft palate. The cause is unknown, but it can sometimes run in families.

A cleft lip and palate can cause problems with speech, hearing, feeding as a baby, facial growth and badly placed teeth.



A baby with a cleft lip and palate

Modern medicine and continued research into the causes and treatment of cleft lip and palate mean that medical professionals are able to provide life-changing treatment and surgery in order to repair and correct a cleft lip and palate.

If you wish to make a donation to CLAPA to help with the vital services they provide to families affected by cleft lip and palate we have a collection tin in our reception area.

For more information on Cleft Lip and Palate go to www.clapa.com or pick up one of our leaflets in reception.

Car parking

May we say a “big thank-you” for your patience whilst the building work is being carried out across the road. We are aware of the problems it is causing to car parking outside of the practice. We are aware of the limited parking facilities in the immediate vicinity of the practice, however, we must kindly point out that our driveway is not a patient’s car park. Due to the multiple change-over of staff during the day, we would ask patients not to park here. We are happy for you to use it as a dropping off point and then park elsewhere.

White fillings?

Most people have fillings of one sort or another in their mouths.

In the 1800s, amalgam became the dental restorative material of choice due to its low cost, ease of application, strength, and durability. However, its popularity has recently diminished.

Many people don’t want silver fillings that show when they laugh or smile.

Dental composites (white fillings) have been used for restoring teeth since the 1990’s. In recent years, composite technology and techniques have improved significantly that they are now often the treatment of choice for restoring teeth.

The main advantage of dental composites over traditional materials such as amalgam is

improved aesthetics. Composite fillings are made from a quartz filler bound by resin that is set when exposed to bright blue light. Composites can be made in a wide range of tooth colours allowing near invisible restoration of teeth. Also, composites are “bonded” to the tooth which strengthens the tooth's structure.

We routinely use composite fillings at the practice, and always use the very best materials that are available to us. Both Helen and Brian have completed practical training courses in composite filling techniques and continue to update their knowledge and training as and when new advances in composite technology are made.



Amalgam fillings (above) which have been replaced by white fillings (below)

Cold sores

Cold sores can be a real nuisance. They are caused by the Herpes Simplex virus, and can be triggered by bright sunlight, cold winds, illnesses such as colds and flu, fatigue, menstrual periods and emotional upset.

Unfortunately, once you have the virus you will always have it. It will lie dormant in your body until it's triggered and causes a cold sore.

Cold sores are groups of fluid filled blisters which can cause irritation and pain. These blisters often weep before they crust and scab over. A cold sore outbreak often starts with a tingling or “warm” sensation around the mouth, chin or nose.

They are very infectious particularly when blistering. To minimise the spread of the virus you should avoid touching or squeezing the area. Antiviral creams such as Acyclovir which you can buy over the counter at the pharmacy should be applied as soon as the first signs appear to relieve the symptoms and encourage the healing process.

To prevent cold sores, it is essential to avoid common cold sore triggers. Wherever possible, try to avoid exposure to stress and upset and always wear lip balm with sun protection factor (SPF) to guard against the elements when outdoors. Consume a healthy, balanced, nutritious diet packed with vitamins and minerals. In particular, vitamins A, C and E and the minerals zinc and iron help to maintain a healthy immune system.



An active cold sore on the lower lip

Due to the highly infectious nature of the herpes simplex virus, current guidelines recommend that dental treatment is postponed while there is an active cold sore present. It is advisable not to treat patients with active cold sores as the affected area may be painful, and may crack and bleed during dental treatment, which can spread the virus and prolong healing.

If you have an appointment booked at the practice while you have a cold sore we recommend that you telephone us first for advice. If you have toothache and require emergency dental treatment while you have a cold sore we are happy to see you in order to get you out of pain.

If you have any questions about cold sores, or how to treat them just ask a member of the dental team.

Our Promise and Commitment.

We are committed to providing you with a quality service, and welcome your comments.

We are always interested in your opinion, and would be grateful if you could take a few minutes to fill in our practice questionnaire. If you have any suggestions on how we can improve our service, please feel free to discuss your ideas with us. Your feedback is important in helping us to look for ways to improve our service to you.

And finally, thank you for all of your positive comments and compliments about your experiences of the practice, we really appreciate them. Remember, if we please you – tell others! If we don't please you – tell us!